VISIT…

How to use your Five in a Row Cookbook!

Welcome to the *Five in a Row Cookbook*!

This book has been a delight to create. If you have just half as much fun exploring it with your children as we had in creating it, you're in for a wonderful experience.

There were several key objectives in developing this project:

1. Helping children experience a wide range of cuisines.
2. Helping children enjoy the wonderful family times of cooking together with Mom in the kitchen.
3. Teaching simple principles for kitchen safety and technique through the pleasure of family cooking.
4. Helping children learn about table manners, proper table settings, etc.
5. Facilitating the sheer pleasure of cooking as a family as you explore a wide variety of tastes and cultures.

We wanted this to be a very 'interactive' experience for your children–not just a cookbook like the others on the shelf. As you can tell, each of the recipe groups was inspired by one of the stories explored in either *Five in a Row* or *Beyond Five in a Row* lessons.

Copyright law doesn't allow us to simply name each recipe after a story's character or location, but your children can! As you work through a story and the associated *Five in a Row* or *Beyond Five in a Row* lesson plans, take time to look over the menu for that week and invite your children to name each of the recipes themselves. In the upper left-hand corner of every recipe page, you'll find which *Five in a Row* or *Beyond Five in a Row* volume and story inspired the recipes. The recipes are arranged sequentially by volume and story.

For instance, if you were studying *Tom Sawyer*, you might choose to name the apple pie, 'Aunt Polly's Perfect Apple Pie' or the pork chops, 'Becky Thatcher's Sunday Pork Chops.' You might also have 'Huck's Favorite Sweet Potatoes.' Other ideas might include 'Cave Pudding' or 'Mississippi River Gravy.'

Encourage your children to explore many ideas, making a list of possibilities as they select their own name for each of the recipes you cook together.

You'll also find 'picture frames' and a 'clipboard' on each facing page for your children to use in capturing the memories of these fun meals.

The frames can be used to mount photographs of the table all set and prepared with your special dinner, or perhaps photos of preparing one of the recipes. Your children can also draw in the frames, or paste in a collage of related magazine clippings that give the feel or flavor of the story and recipes.

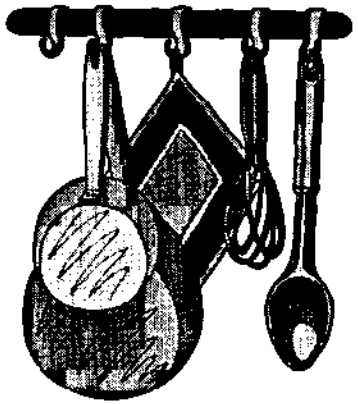
The clipboard is a place for writing down their cooking experiences; special memories of the meal, guests who came to dinner, funny episodes during the preparation and much more. Encourage your children to write a first draft on a separate piece of paper before writing the final version in the book for a permanent keepsake of a wonderful learning experience. You will also enjoy the interesting sidebar articles as well as the valuable information found in the 'Chef's Corner' notes.

While the recipes themselves are valuable, the true richness of the *Five in a Row Cookbook* will be in years to come when you and your children (and grandchildren) look back together and remember each special meal, each guest who came to share your meal and to see the photographs, drawings and the words themselves written by your student.

For our family, the kitchen has always been a place of joy and laughter. So, gather your children around you regularly and explore these wonderful recipes as you study the creative *Five in a Row* and *Beyond Five in a Row* lesson plans and the books which inspired them.

Happy cooking from Five in a Row Publishing!

Cooking Terms



Incorporating Ingredients

Beat: make a mixture completely smooth using brisk strokes with a spoon, or with an electric mixer

Blend: completely combine ingredients using short, smooth strokes and stopping when they are combined

Combine: bring together several ingredients

Cream: thoroughly combine fats and sugars using a wooden spoon or electric mixer

Crush: break up tomatoes and other produce by using your fingers and crushing the membranes

Cut in: distribute solid fat or shortening in dry ingredients by cutting with a pastry cutter or with two knives

Fold: gently incorporate ingredients using a rubber spatula, running it down to the bottom of the bowl, up the side and across the top—never in a fast motion

Knead: activate the gluten in bread dough by using your hands to press down and fold over the dough repeatedly

Mix: combine in a way that distributes all ingredients evenly

Puree: mix until the ingredients are liquefied

Scrape: use a rubber spatula to scrape the bottom and sides of a bowl before you finish mixing to ensure all ingredients are thoroughly incorporated

Sift: evenly distribute dry ingredients and remove any lumps by using a mesh sifter

Stir: combine ingredients with a spoon or spatula using even, circular strokes until the ingredients are thoroughly mixed

Toss: use utensils to mix ingredients loosely in scooping motion

Whip: make a mixture completely smooth and incorporate air by using a wire whisk or electric mixer with a whisk attachment

Whisk: use a wire whisk to blend ingredients and incorporate air

Using a Knife

Chiffonade: roll several fresh herb leaves together and then cut across them making thin strips

Chop: cut food into small, but irregular-size pieces

Cube: cut food into 1/2" or larger strips and then cut across for cubes

Dice: cut food into 1/2" or smaller strips and then cut across for small cubes

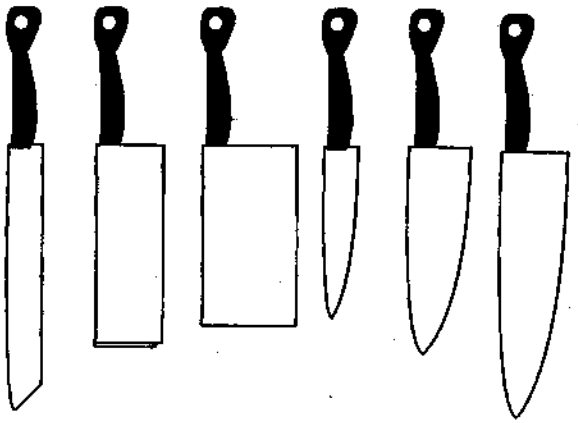
Julienne: slice the food into even, thin slices and then cut into match-like sticks

Peel: remove skin or rind from fruits or vegetables

Quarter: cut something into 4 equal pieces

Slice: cut food into flat pieces of the same size

Score: with a sharp knife make 1/4" deep cuts diagonally, 1" apart, then repeat in the opposite direction



Using Heat

Bake: cook in the oven

Baste: spoon a liquid over the food during the cooking process to keep it moist

Boil: cook in liquid heated until bubbles rise continuously and break on the surface of liquid

Braise: to cook meat or vegetables in liquid over low heat for a long period of time

Broil: cook by using direct heat

Brown: cook until the outside of a food changes color, usually in a small amount of fat

Melt: change from solid to liquid by applying heat; dissolve

Microwave: cook foods in a microwave

Preheat: turn the oven on and heat to correct temperature prior to placing the food in the oven

Roast: cook meat or vegetables uncovered in a shallow pan in the oven without adding extra liquid

Sauté: cook over medium heat in a skillet with butter or other fat

Scald: to cook milk over medium-high heat just until small bubbles form around the outer edge of the pan

Sear: to cook meat or vegetables over high heat in order to seal in the juices

Simmer: cook in liquid just below the boiling point. Bubbles will form more slowly and will collapse quickly

Steam: cook food over boiling water

Steep: place tea bags or herbs in hot water and leave until the major flavor has been extracted

Toast: cook bread or foods until outside surface is browned slightly, in toaster or oven

Processing Terms

Chill: place a food in the refrigerator until cold

Cool: allow a food to come to room temperature

Defrost: remove ice or frost from food by thawing

Drain: remove any excess water from food

Dredge: coat food with flour and/or seasonings

Drizzle: add an ingredient in a falling, dripping pattern

Garnish: decorate a finished food to make it more appealing

Marinate: let food stand in a flavorful sauce for several hours to add flavor and or to tenderize

Rinse: run water over vegetables or meat to clean and moisten

Rise: allow yeast dough to double in volume

Season: add salt and pepper to a food

Skim: remove any fat or scum off the top of liquid

Sprinkle: scatter an ingredient into a mixture at random

Cooking Utensils

Blender: an electrical appliance that can chop, cream, whip, mix or liquefy foods

Colander: a perforated bowl used to drain off liquids and wash produce

Double boiler: utensil consisting of two pans, one of which fits over the other; food is cooked in the upper pan by water boiling in the lower

Grater: a metal utensil with many sharp holes, used to grate cheese and vegetables

Nonstick skillet: a frying pan with a nonstick coating inside

Pastry cutter: a metal multi-bladed tool used to cut shortening into flour for pastry dough

Peeler: a metal tool used to remove the skin from fruits and vegetables

Rolling pin: a heavy, smooth cylinder of wood, marble, etc., usually with a handle on each end, used to roll out dough

Saucepan: a small pot with a handle

Skillet: a cooking pan with a long handle, sometimes called a frying pan

Slotted spoon: a spoon with holes in the bowl of the spoon

Slow cooker: a large pot with a heating element used to cook foods over a long period of time, sometimes called a crock-pot

Spatula: a cooking utensil with a flat, flexible blade used for blending or scraping

Whisk: a utensil with wire loops fixed to a handle for whipping egg whites, cream, etc.

Kitchen Safety

General:

Mop up spills immediately to prevent slipping and falling.

Keep sharp knives out of reach.

Make sure knives are sharp so that they will cut efficiently.

When using a knife, cut away from yourself or on a cutting board.

Keep pets out of the kitchen.

Have good lighting.

Keep cupboard doors closed.

Keep curtains away from stoves, especially gas stoves.

Wear close-fitting sleeves, not loose ones that might flap over gas flames.

Have all food packets labeled clearly.

Follow directions for cleaning agents used in the kitchen.

When glass breaks, pick up the tiny slivers with a damp paper towel.

Use a board when cutting foods.

Carry knives with the point downward.

When passing knives and similar items, give the handle to the other person, not the point or blade.

Use equipment properly, for its intended use.

Oven Safety:

Always use dry hot-pads when removing pans and foods from the oven.

Always use long-handled tongs or a spatula when lifting, turning and serving hot food.

Use the oven light to check on food instead of opening the door each time. If you open the door too much the heat will escape and lower the temperature.

Uncover hot foods from the end that is away from you to avoid hot air and steam burns.

Be sure you always turn off the oven when you are finished!

Microwave Safety:

Ask an adult for help if you do not understand how to operate a microwave oven.

Use only microwave-safe containers. Never use metal or foil in a microwave.

Pull plastic wrap or lids off foods so the steam escapes away from your face and hands. Steam can burn!

Never turn on an empty microwave.

Don't use a microwave if it is located above your head.

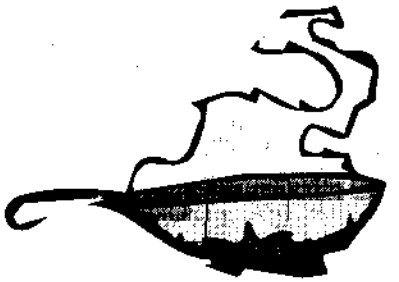


Table Manners

Don't play with your food.

Try everything on your plate.

Don't complain at the dinner table.

Take one bite at a time.

Swallow your food before you drink.

Swallow your food before you talk.

Table noise should be at a minimum. Only the people at your table should hear the conversation.

Napkins should remain on the lap.

Of course, no heads or elbows on the table!

Take small bites at a time.

Chew with your mouth closed.

Setting the Table

Place a plate in the center of each placemat- one for each guest you've invited.

Napkins can be folded and placed to the left of the plate, or may be placed on the plate itself. You may want to find a book of special napkin foldings available at bookstores and libraries.

Place a fork to the left of each plate, placing it on top of the folded napkin if you've placed it there.

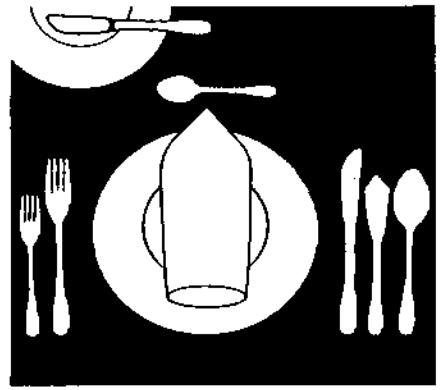
Knives always go to the right of the plate. Be sure to place the sharp edge facing the plate!

Place a spoon to the right of the knife.

Place a glass above the knife at each place setting.

You can have extra forks for salad or dessert, butter knives for your guests to spread butter and more. If you want to know more about setting a beautiful table, check out a book from your library on hostess skills, table settings or entertaining!

From time to time you may wish to create theme dinners where food, tablecloths, decorations, etc., follow a specific theme. Such special meals make wonderful memories and provide many avenues for creativity.



Recipes

Perhaps it is time to try some wonderful Chinese cuisine. You might enjoy visiting a Chinese market to see the unusual foods and items like dishes, etc. Consider purchasing some of the Chinese tea cups (they don't have handles!) and possibly some chopsticks. Maybe you could also learn some special napkin folding to decorate for your meal.

Traditional Chinese cooking uses simple techniques and fresh ingredients. When you're cooking Chinese it helps to utilize the cooking term ***mise en place****, which means 'everything in its place and ready.' If everything is already chopped, diced and ready to go, you can cook the food in no time! Be sure to offer your guests green tea and chopsticks.*

Chef's Corner

Eating with chopsticks can be tricky, but it is fun when you master the technique. The Chinese have been using chopsticks (thin, wooden eating utensils) for thousands of years. In China, it is considered appropriate and polite to hold your bowl of food up to your mouth. Instead of picking up each bite, the Chinese use their chopsticks to scoop the food into their mouths.

Egg Rolls

These little wrapped bundles of chicken and vegetables are savory and warming. Traditional Chinese egg rolls are deep-fried. These egg rolls are baked instead. A healthier and safer option! They are delicious, as well.

Ingredients:

2 cups grated carrots
1 (14 oz,) can bean sprouts, drained
1/3 cup canned water chestnuts, diced
1/4 cup green onion, diced
1 clove garlic, minced
2 cups cooked chicken, diced
4 tsp. cornstarch
1 Tbs. water
1 Tbs. soy sauce
1 tsp. vegetable oil
1 tsp. brown sugar
16 egg roll wrappers

Preparation:

Preheat the oven to 425°. Coat a large skillet with nonstick cooking spray; add the first five ingredients and sauté over medium-high heat until vegetables are crisp, but tender, about 3 minutes. Add chicken and set aside.

In a bowl, combine cornstarch, water, soy sauce, oil, and brown sugar. Stir into the chicken and vegetable mixture. Bring to a boil. Cook and stir for 1-2 minutes. Spoon 1/4 cup of the chicken mixture on the bottom third of one egg roll wrapper; fold sides toward center and roll tightly. Place seam side down on a greased baking sheet. Repeat with remaining wrappers and filling. Spray the tops of the egg rolls with nonstick spray. Bake for 10-15 minutes, until brown. It is traditional to dip egg rolls in hot chinese mustard and sweet sauce. Serves 8.

Fried Rice

Fried rice can be seasoned with a variety of Chinese flavors including duck sauce (a sweet sauce made of plums and spices), oyster sauce (a mild, sweet sauce made from oysters), Chinese mustard (extremely hot!) or soy sauce (a salty sauce made from fermented soybeans). Look for these in your local grocery store and enjoy the flavors of China.

Fried rice is the perfect accompaniment to egg rolls. It can also stand alone as a main course.

Ingredients:

3 cups leftover cooked rice, white or brown
2 oz. leftover chicken or ham
1/2 cup frozen peas
1/4 onion, sliced julienne
1/2 carrot, shredded
2 Tbs. oil
soy sauce to taste

Preparation:

Sauté the onion in the oil. When the onion is softened, add the carrot, peas, and meat. Sauté together for a few minutes until everything is hot. Add the leftover rice and soy sauce. Turn up the heat to medium and stir-fry for as long as it takes for the rice to heat thoroughly. Serves 8.

Egg Drop Soup

This soup is so delicate and flavorful. You'll have all your many relatives running to get their bowl of Egg Drop Soup.

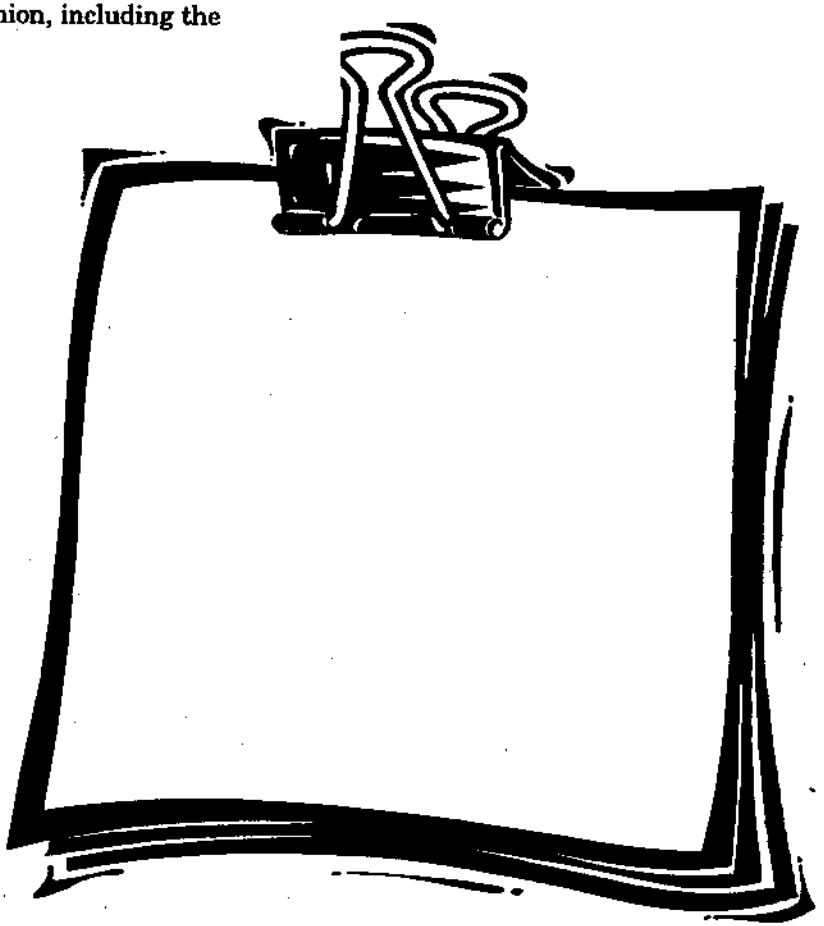
Ingredients:

8 cups chicken broth
1 tsp. salt
1 tsp. sugar
2 eggs
2 tsp. cornstarch
2 Tbs. water
water chestnuts (optional)*
green onion (optional)*

Preparation:

In a stockpot or large saucepan, add the salt, sugar and broth. In a separate bowl, whip the egg until frothy. In a small cup, mix the cornstarch and water. Bring the broth to a boil over medium heat in a soup pot. Add the cornstarch mixture, and stir until slightly thickened. Remove from stove. Add egg very slowly, drop by drop, stirring constantly. Serves 8.

*Optional: If you wish, add minced water chestnuts, and/or one sliced green onion, including the white and green parts.



Lemons are tasty and you can use them in so many ways! Try the following recipes and think about warm summers with all the great family activities.

Lemonade

This lemonade won't make you pucker one bit!

Ingredients:

3 cups cold water
1 cup fresh lemon juice (4-6 lemons)
1/2 cup sugar

Preparation:

Squeeze the lemons and place the juice in a large pitcher. Add cold water and the sugar. Stir and chill for at least 30 minutes. Stir again before serving.

Lemon Chicken

This scrumptious chicken dish is fit for a town celebration!

Ingredients:

4 skinless, boneless chicken breasts
1 cup lemon juice
1 tsp. lemon-pepper seasoning
1/2 tsp. seasoned salt
4 drops Worcestershire sauce
3/4 cups flour
1/4 cup grated Parmesan cheese
2 Tbs. lemon-pepper seasoning
1 Tbs. parsley
3-4 Tbs. butter or margarine

Preparation:

Combine the lemon juice, 1 tsp. lemon-pepper seasoning, seasoned salt and Worcestershire sauce. Marinate the chicken breasts in the mixture for 5 minutes.

Next, mix the flour, Parmesan cheese, and 2 Tbs. lemon-pepper seasoning in a separate bowl. Dredge the marinated chicken breasts in the flour mixture. Heat 3-4 Tbs. of butter or margarine in a nonstick skillet over medium heat. Sauté the chicken breasts in the butter or margarine until brown and the juices run clear (approximately 6-8 minutes on each side). Garnish with the parsley. Serves 4.

Lemon Bars

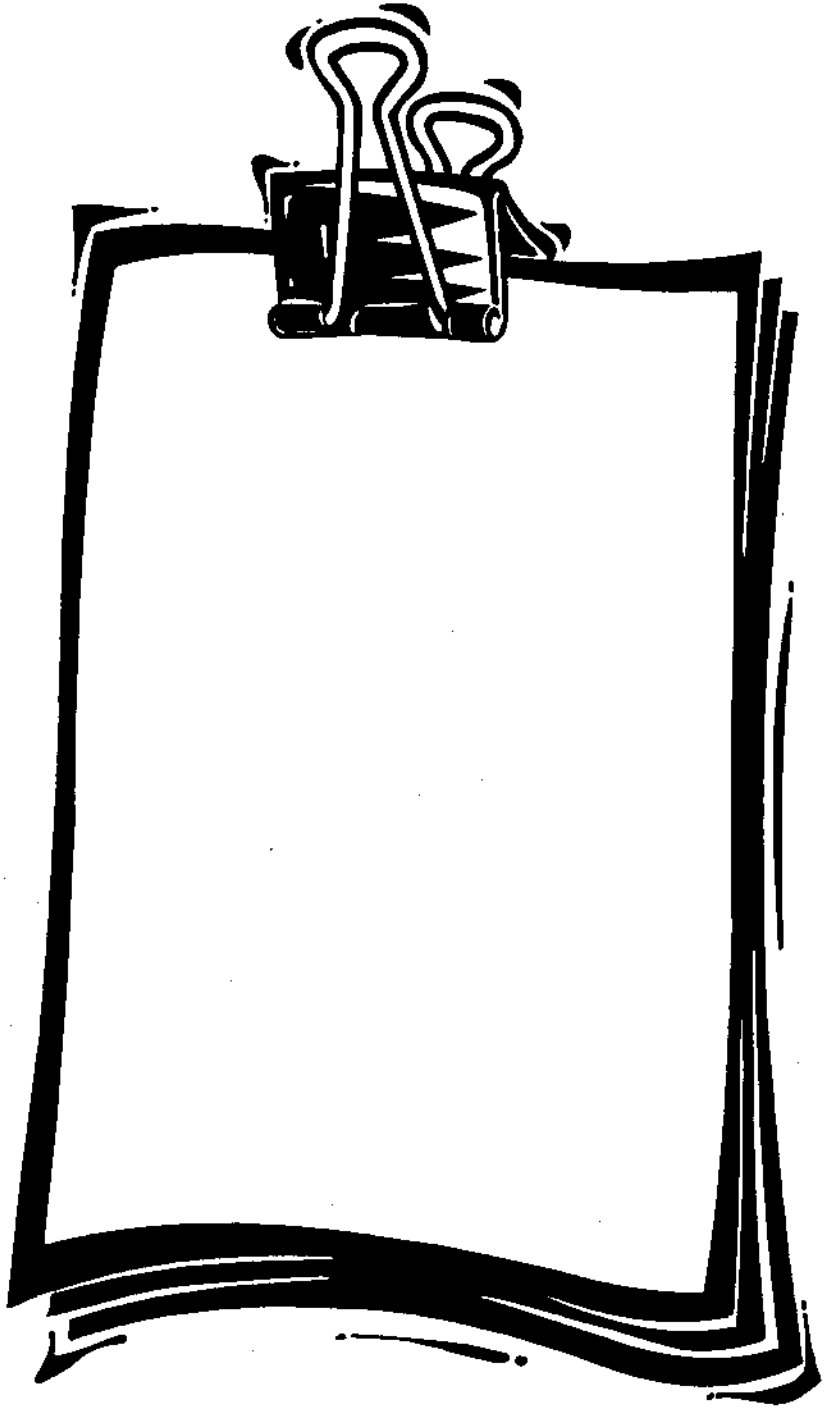
These lemony, sweet bars are the perfect dessert for your 'lemon' dinner!

Ingredients:
2 cups flour
1/2 cup sifted powdered sugar
1 cup butter
4 beaten eggs
2 cups granulated sugar
1/3 cup lemon juice
1/4 cup flour
1/2 tsp. baking powder

Preparation:

Preheat the oven to 350°. Sift together flour and powdered sugar. Cut in butter until mixture clings together. Press into 13"x9"x2" baking pan. Bake for 20-25 minutes.

Beat together eggs, granulated sugar, and lemon juice. Sift together remaining ingredients and stir into egg mixture. Pour over baked crust and bake at 350° for an additional 25 minutes. Sprinkle with additional powdered sugar (optional). Let cool and then cut into bars.



France is famous for its spectacular cuisine. French chefs are considered some of the best in the world! French cooking schools are also world renown and amazing numbers of cooking terms are French in origin—words such as julienne, chiffonade, saute, etc. Look for the influence of the talented French as you learn more recipes and become marvelous cooks! French cooking is also versatile as you can see in this menu which can be served for breakfast, lunch or dinner.

Quiche

This French custard pie, with bacon and cheese is traditionally called Quiche Lorraine. It is delicious hot or cold for brunches, lunches or dinners.

Ingredients:
1 9" unbaked pie shell (refrigerated, frozen or homemade)
4 slices bacon, cooked and crumbled
1/2 cup diced ham
1/2 cup grated Swiss cheese or cheese of your choice
4 eggs
1 cup half & half or heavy cream
1/2 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. pepper

Preparation:
Preheat oven to 350°. Sprinkle bacon in bottom of unbaked pie shell. Cover with ham and Swiss cheese. Put eggs, cream and spices in blender and blend only until mixed. Pour over the bacon, ham and Swiss cheese in the pie shell and bake for 45 minutes or until mixture is set. Serves 8.

French Rolls

Ingredients:
3 1/4 -4 1/4 cups flour
1 1/2 cups very warm water
2 Tbs. sugar
1 1/2 tsp. salt
2 (1/4 oz.) pkgs. dry yeast
2 Tbs. butter, softened
cornmeal

Preparation:
Stir together 1 1/2 cups flour, sugar, salt and dry yeast. Add butter and stir in warm water. Beat with an electric mixer 2 minutes, scraping the sides of the bowl. Add 1/2 cup more flour; beat at high speed 2 minutes. Stir in enough additional flour to make a soft dough. Turn out onto a lightly floured surface; knead a few times and form a ball. Place in a greased bowl, turning to grease the top. Cover the bowl tightly and refrigerate 2 hours or up to 2 days.

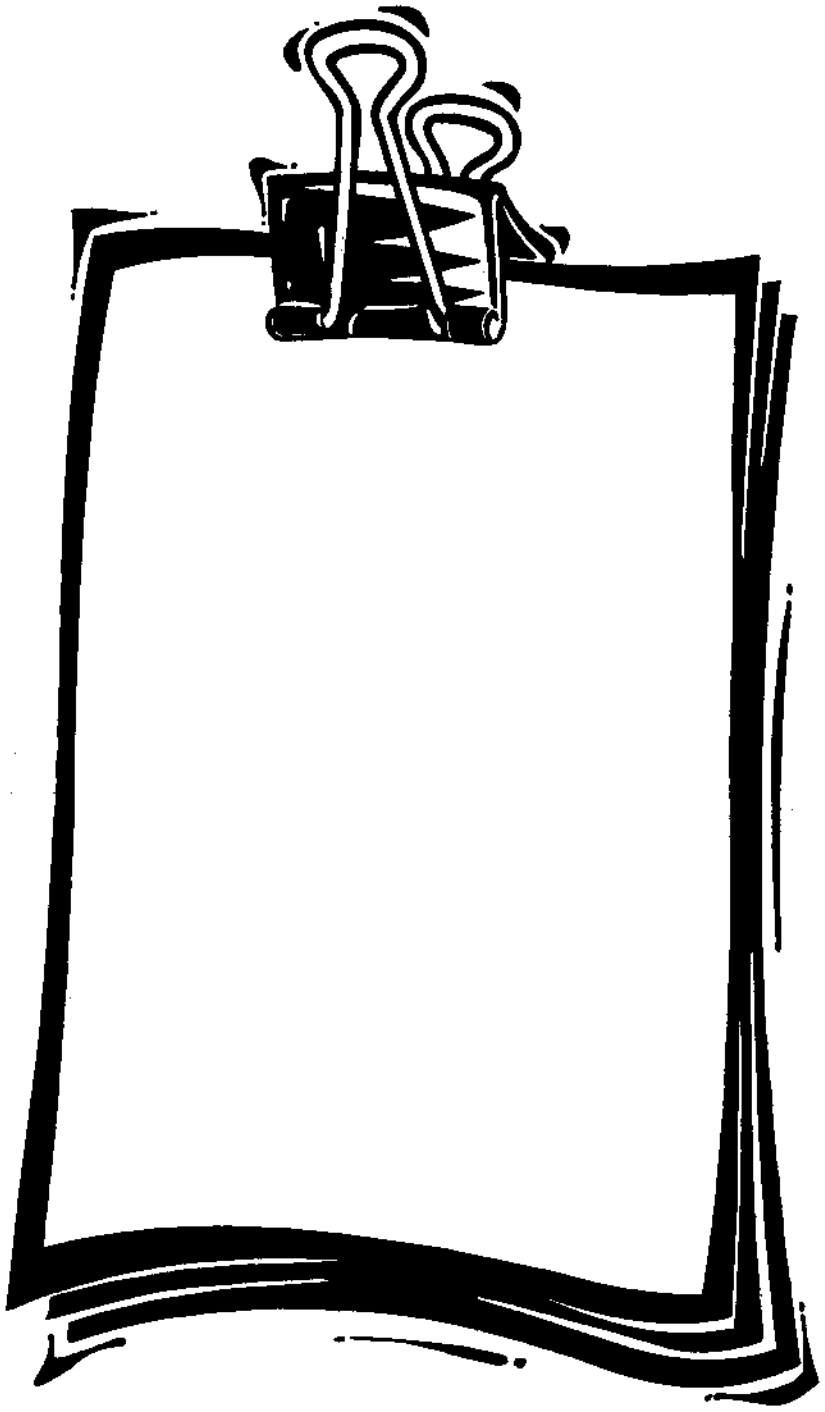
Preheat oven to 400°. Punch down dough. Divide into 24 equal pieces. Form each piece into a smooth egg shape. Sprinkle greased baking sheets with cornmeal. Place rolls on prepared baking sheets. Cover; let rise in a warm place until doubled in bulk, about 1 hour. Bake for 10 minutes or until golden brown. Cool on wire racks.

Fruit Platter

French cuisine includes many rich and sweet desserts. Often, however, the French enjoy simple seasonal fruit as a dessert. Here is an example of a wonderful French fruit platter.

Ingredients:
2 oranges, peeled and sectioned
2 kiwis, peeled and sliced
1 pint strawberries, washed and capped
3 bananas, peeled and sliced into 3" sections
2 apples, peeled and sliced
several large, washed lettuce leaves

Preparation:
Lay the lettuce leaves on a pretty plate or tray. Arrange the fruit in a pleasing way.



Japanese cuisine involves fresh ingredients and beautiful presentation. To the Japanese, the way something looks is as important as the way it tastes!

Steamed Rice

In Japan, rice is served with every meal. It is nutritious, filling and is delicious with almost every type of meat or vegetable.

Ingredients:

1 cup white rice
2 cups water
1 tsp. salt

Preparation:

Mix all the ingredients in a saucepan and bring to a boil. Stir and then reduce heat to medium-low. Simmer for 12-14 minutes. Remove from heat. Fluff rice with fork and cover. Let steam 5-10 more minutes. Serves 4.

Seasoned Fish

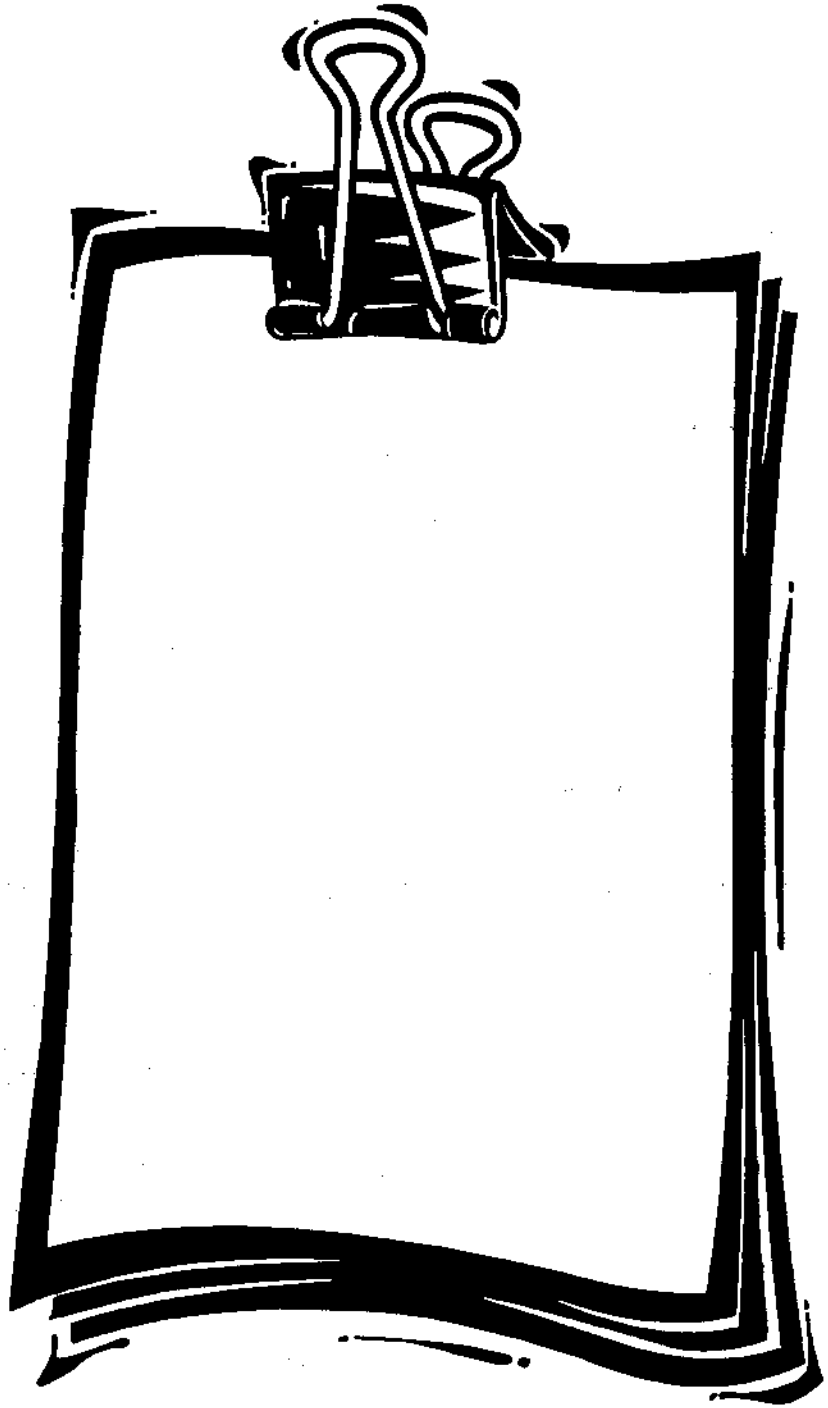
Even if you don't think you like fish, try this simple Japanese dish. Select a mild fish and follow the recipe carefully.

Ingredients:

1 lb. mild fish (i.e., sole, orange roughy, or whitefish)
3 Tbs. butter or margarine
salt and pepper
soy sauce
green onion, diced

Preparation:

If fish fillets are large, cut into smaller serving pieces. Heat butter or margarine in a nonstick skillet over medium heat. When the butter or margarine is melted, lay the fish fillets in the pan. Sauté on each side for 3-5 minutes. Remove from heat and sprinkle with salt and pepper. Drizzle soy sauce over the fillet and garnish with diced green onion. Serve this dish with steamed rice. Serves 4-6.



When people need to take food to a party or gathering, often they choose to make what is known as a casserole (an entrée generally including meat and vegetables, cooked together in one dish). They do this because a one-dish meal is more convenient to carry than several containers of various items. Cobblers (deep-dish fruit pies with only a top crust) are also excellent dessert choices for group meals.

Chef's Corner

Casseroles make a handy and delicious meal to take to events, invalids, and gatherings. Casseroles are generally 'one-dish' meals including a meat and vegetable together. Casseroles are simple, warming and yummy!

_____Casserole

Sometimes people have special group meetings, or gatherings where they get together to work on a project. For times like these they might have a delicious casserole just like this one bubbling away in the oven to share for lunch. The next time you have a get-together and need to take food to share, why not make this casserole!

Ingredients:

2 (10 3/4 oz.) cans condensed cream of chicken soup, undiluted
2 cups half & half cream
4 tsp. dried tarragon
1/2 tsp. pepper
1 (16 oz.) pkg. linguini or spaghetti, cooked and drained
6 cups cubed cooked chicken
1/2 cup grated Parmesan cheese
paprika, optional

Preparation:

Preheat the oven to 350°. In a large bowl, combine soup, cream, tarragon, and pepper. Stir in the spaghetti and chicken. Transfer to an ungreased 4-quart baking dish. Sprinkle with Parmesan cheese and paprika, if desired. Bake uncovered for 30 minutes or until heated through. Serves 8.

_____Apple Cobbler

Topping Ingredients:

1/4 tsp. salt
6 oz. natural cheddar cheese (mild or sharp), grated
1 cup flour
1/2 cup firmly packed light brown sugar
1/2 cup butter, softened

Apple Mixture:

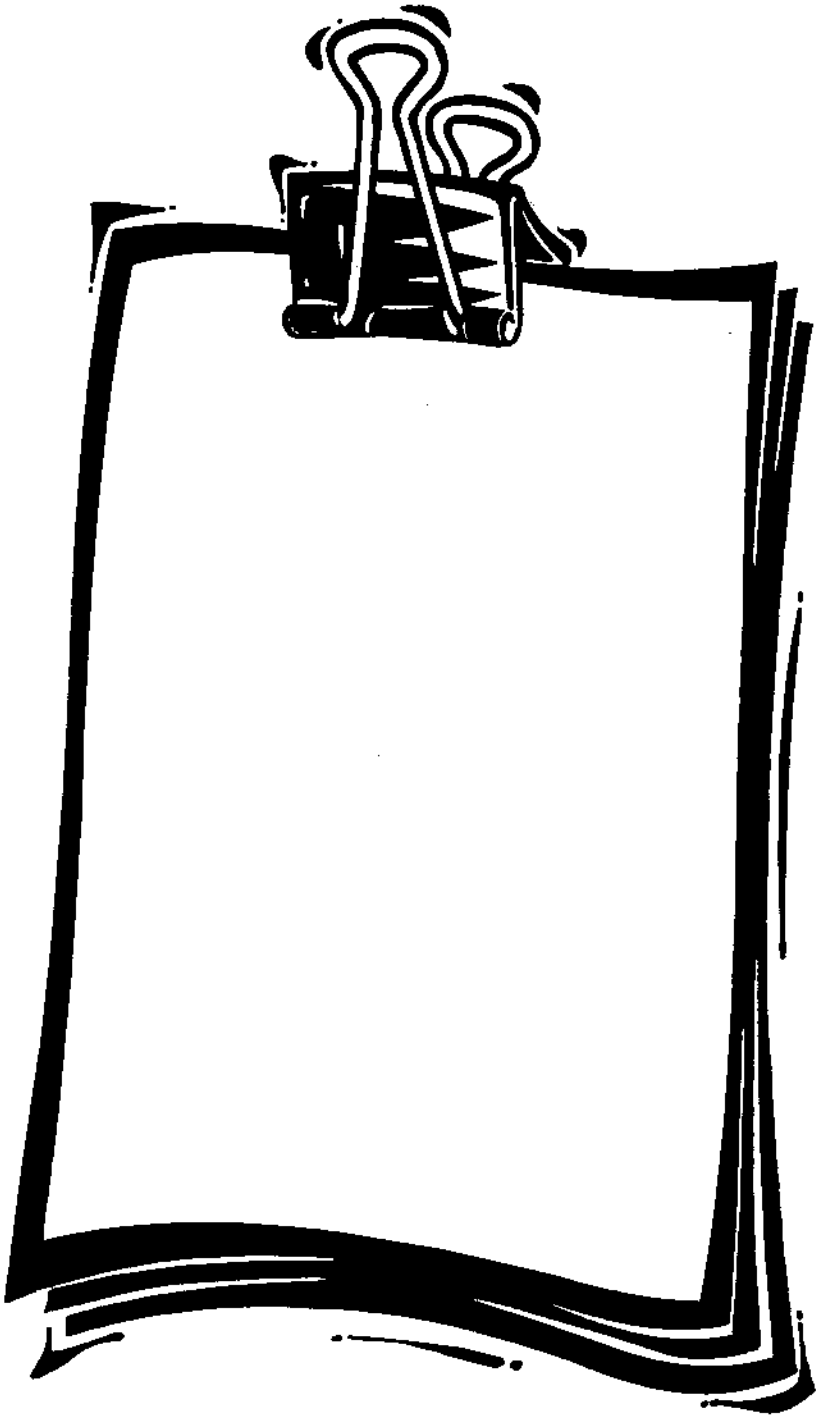
3 lbs. tart apples, such as Granny Smith
3/4 tsp. nutmeg
1/2 cup firmly packed light brown sugar
2 Tbs. brandy (optional)
1/2 tsp. cinnamon

Preparation:

Butter a 2-quart baking dish and set aside. Use an electric mixer to beat together the grated cheese and butter. Blend in the salt, flour, and brown sugar; set aside.

Peel, core and quarter the apples. Slice each apple quarter into 5-6 slices. Toss the slices with the brown sugar, cinnamon, nutmeg and optional brandy. Place the slices in the prepared dish and spread evenly. Use your fingers to crumble the topping over the apples, covering them as completely as possible. Gently press down on the topping to make a smooth layer.

Bake in a preheated 350° oven, 40-50 minutes or until the apples are tender and the topping is golden brown. Serve warm, plain or topped with ice cream. Serves 8.



In the 1800s many people worked on farms. These workers often had their lunches brought to them in the fields. There they could rest and enjoy some hearty food. Try some of these good foods with a little buttermilk for a beverage if you are adventuresome.

Biscuits

Ingredients:

1/2 cup shortening
2 cups all-purpose flour
1 Tbs. sugar
3 tsp. baking powder
1 tsp. salt
3/4 cup milk

Preparation:

Preheat oven to 450°. In a large bowl, blend flour, sugar, baking powder and salt. Cut shortening into the flour mixture until the mixture resembles fine breadcrumbs. Gently, stir in milk. Turn dough onto lightly floured table or board. Gently knead 2-3 times until the dough comes together. Pat out the dough until it is approximately 1" thick. Cut with a biscuit cutter or an overturned drinking glass. Place on ungreased cookie sheet. Bake for 10-12 minutes. Immediately remove and serve. Makes 10-12 biscuits.

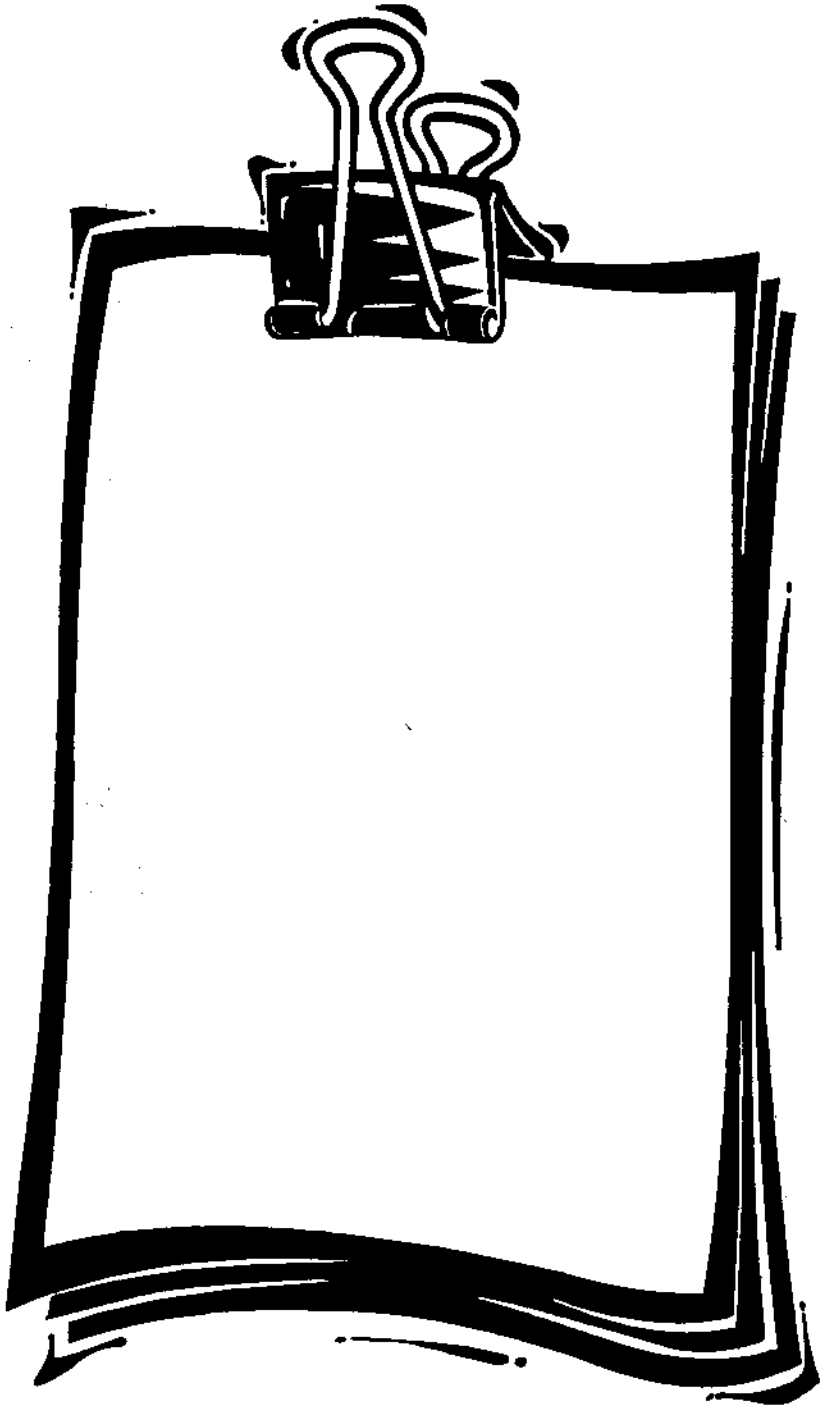
Sausage Gravy

Ingredients:

1/2 lb. bulk sausage
1/8 cup flour
1 cup milk
pepper to taste

Preparation:

Brown sausage in a skillet over medium heat. Using a wooden spoon, blend flour into sausage and grease. Using a whisk, whisk in milk. Simmer on low heat till thickened, stirring constantly.
Season with pepper.



This menu features delicious Irish fare which may take a little while to prepare, but when you are through, you will feel as satisfied as anyone who has done a job well!

Irish Stew

Ingredients:

2 Tbs. oil
4 onions, cut in wedges
5 carrots, cut in thick slices
2 ribs of celery, sliced
1 1/2 lbs. round steak, cut into 1/4-1/2" cubes
6 large potatoes, chopped
1 cup water

Preparation:

Heat oil in large saucepan or skillet. Sauté onions in oil. Add carrots and celery and cook for a few minutes. Add steak to onions, carrots and celery. Add potatoes. Pour in water, season to taste with salt and pepper and bring to a boil. Skim off any foam, reduce heat and simmer over low heat until meat and vegetables are tender. Stew can be thickened by adding 2 Tbs. flour to 2 Tbs. cold water; stir the flour and water together and then slowly add to the stew. Serves 8.

Oat Scones

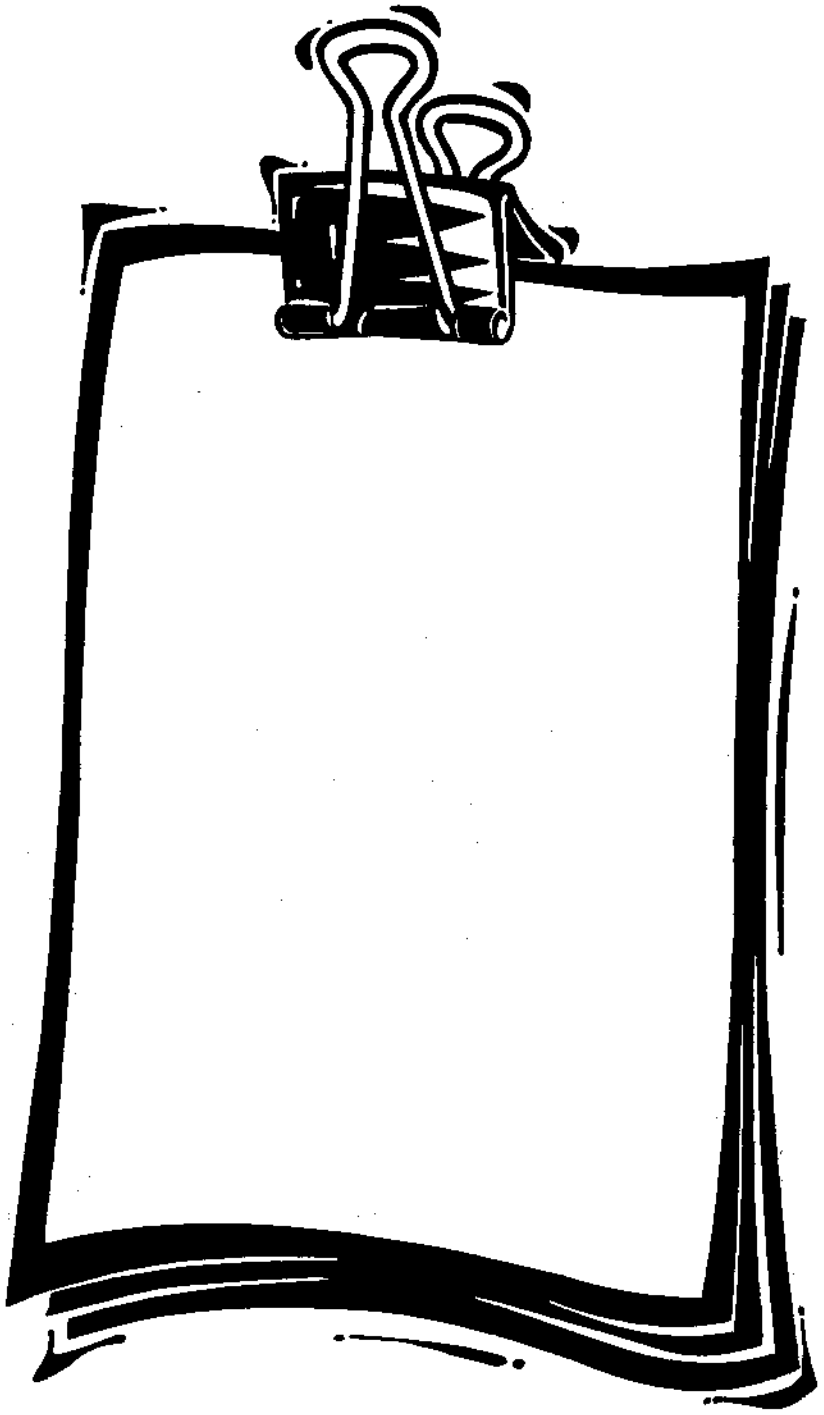
When you cut these scones with a knife, try to make each with 'four corners-neat and square'.

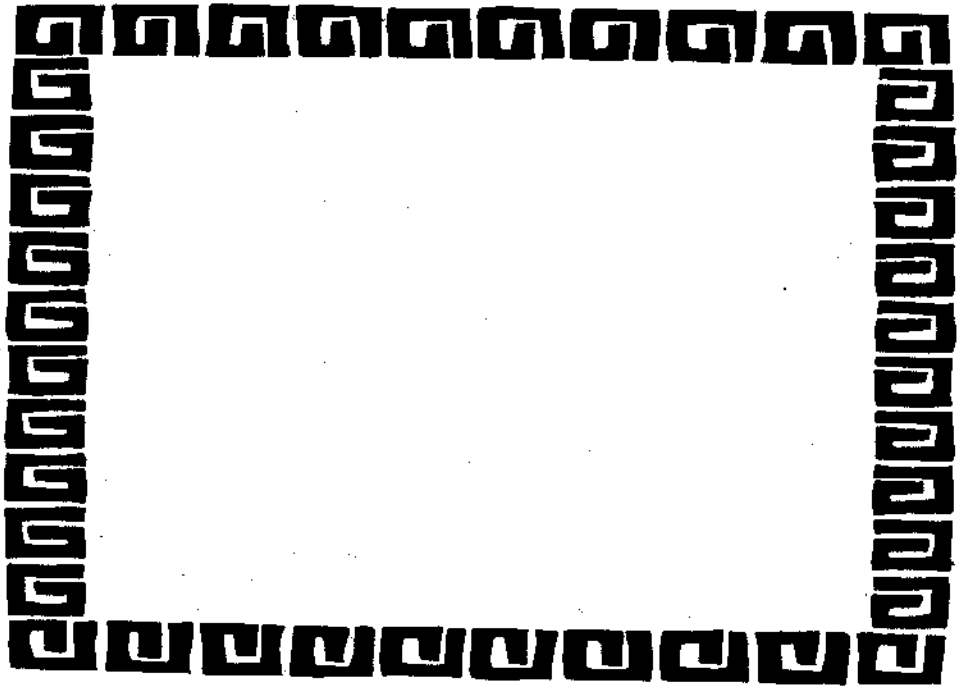
Ingredients:

2 1/2 cups flour
1/4 cup rolled oats
1 tsp. baking soda
1 tsp. cream of tartar
2 Tbs. sugar
1/2 tsp. salt
1/4 cup cold butter or margarine
1 cup buttermilk

Preparation:

Preheat oven to 400°. Mix dry ingredients together in large bowl. Cut in butter or margarine with a pastry blender until mixture resembles coarse crumbs. Pour in buttermilk and mix until dry ingredients are moistened. Turn out onto a lightly floured surface, then pat into a 3/4" thickness. Using a large knife (with an adult's help) cut the scones into even squares (3"x3"). Place on an ungreased baking sheet and bake for 10-15 minutes or until golden brown. Serve hot with butter. Makes 12 scones.





These menu items are ones you might find if you visited a café in France.

In France, people buy their bread fresh each day. Even the smallest town has its own bakery, called a boulangerie (pronounced: boo lon zhur EE). (Note of interest: This tradition of buying or making fresh bread each day is what led to the invention of French toast. There was a need to use up some of the old bread, so putting the stale pieces of bread in an egg and milk batter, frying it and serving it with powdered sugar became the yummy solution.) Here is a recipe to make French Bread and if you have some left over, you could always try French toast!

Chef's Corner

The French love cheese and they make some of the best in the world. French cheeses come in all shapes, sizes and flavors. Look in your local grocery store for Brie and Camembert. Both of these cheeses have soft rinds on the outside and are creamy on the inside. They are mild in flavor and taste delicious spread on a fresh piece of your French bread! These cheeses are also good on crackers and with fruit.

Onion Soup

Ingredients:

1 lb. onions
2 Tbs. butter
1-2 Tbs. flour, as needed
2 pints beef stock
salt
fresh ground black pepper
1 small loaf crusty bread (French)
3 oz. grated Monterey Jack cheese
1 clove garlic, crushed

Preparation:

Peel the onions and cut into thick slices. Melt the butter in a large pan and sauté onions and garlic until light brown. Add the flour, stirring continuously until onions are soft. Remove from heat. Pour in stock, salt and pepper. Stir until the flour is fully mixed in. Return to heat and bring to a boil. Reduce heat and simmer on low heat for 20 minutes; do not cover. While the soup is simmering, cut the French bread into generous slices, cover with cheese. Broil the bread and cheese until the cheese is melted and the bread is toasted. Fill each bowl with a serving of the soup and top with a piece of the cheesy bread. Serve immediately. Serves 6-8.

French Bread

Ingredients:

5 1/2-6 cups all-purpose flour
2 (1/4 oz.) pkgs. active dry yeast
1 1/2 tsp. salt
2 cups very warm water
cornmeal
1 egg white
1 Tbs. water

Preparation:

In a large mixing bowl, combine 2 cups flour, yeast and salt. Add 2 cups warm water, and beat with an electric mixer fitted with a dough hook on low to medium speed for 30 seconds. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

On a lightly floured surface, knead in enough flour to make a stiff dough that is smooth and elastic. Knead for about 8-10 minutes total. Shape into a ball. Place dough in a greased bowl and turn once. Cover; let rise in a warm place until doubled.

Preheat oven to 375°. Punch dough down; divide in half. Turn out onto a lightly floured surface. Cover; let rest for 10 minutes. Roll each half into a 15"x10" rectangle. Roll up, starting from a long side. Moisten edge with water and seal. Taper ends. Lightly grease a large baking sheet. Sprinkle with cornmeal. Place loaves seam side down, on the prepared baking sheet. Lightly beat the egg white with 1 Tbs. water, and brush on. Cover with a damp cloth. Let rise until nearly doubled, 35-40 minutes.

With a very sharp knife (with an adult's help), make 3 or 4 diagonal cuts about 1/4" deep across top of each loaf. Bake for 20 minutes. Brush again with egg white mixture. Bake for an additional 15-20 minutes, or until bread sounds hollow when thumped on the bottom. If necessary, cover loosely with foil to prevent overbrowning. Remove from baking sheet, and cool on a wire rack.

Vegetable Bundles

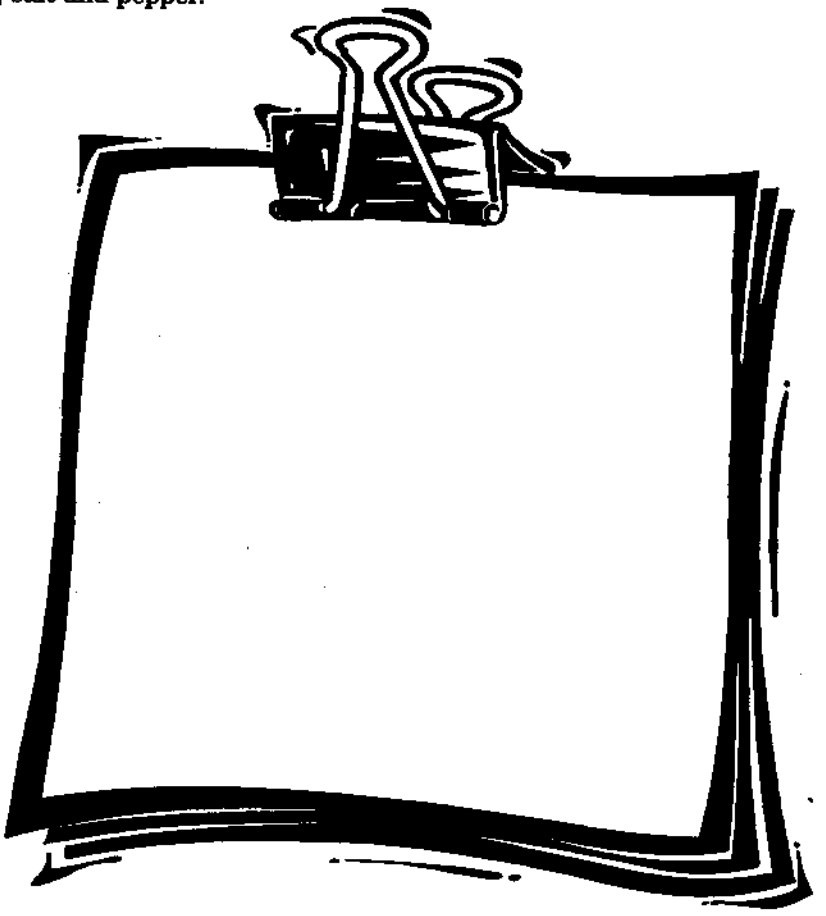
Ingredients:

1 green onion
1 small zucchini
2 carrots, peeled
butter or margarine
salt and pepper

Preparation:

Julienne the zucchini and carrots.
Use green part of onion only. Slice lengthwise into several long strips. Bundle 4 matchsticks of zucchini and 4 matchsticks of carrot together and tie them up with the ribbon-like pieces of green onion.

Place the finished bundles in a small glass baking dish. Pour 1/4 cup water into the pan and cover with plastic wrap. Microwave on high for 5 minutes. Check for tenderness. Be very careful of the hot steam! Continue to microwave until they are steamed and tender. Take out the bundles, drain and place them on a plate. Season with butter or margarine, salt and pepper.



This menu features some of the multitudes of ways you can use apples. Apples can be used in sweet things (like pies) and in savory things (like stews).

Apple Pie

Crust Ingredients:
2 cups all-purpose flour
1/2 tsp. salt
3/4 cup shortening
5 Tbs. cold milk

Filling Ingredients:
1 cup sugar
3 Tbs. flour
1 tsp. cinnamon
1/8 tsp. nutmeg
6 cups sliced, peeled baking apples (Empire, Granny Smith)
1 Tbs. margarine
1 tsp. sugar

Preparation:
Preheat oven to 375° and place a square of foil on the rack below where the pie will be in case there are spillovers while cooking. Combine the 2 cups flour and salt. Using pastry blender, cut in shortening until mixture resembles coarse crumbs. Add all milk at one time, stirring with fork only until combined. With hands, gather dough into ball and let rest in bowl 10 minutes while preparing filling.

In large bowl, combine the 1 cup sugar, the 3 Tbs. flour and spices. Add apples and toss until evenly coated; set aside.

On floured surface or pastry cloth, roll half of dough into 12" circle. Ease pastry into pie plate. Fill pastry with prepared apple filling. Cut margarine into small pieces and place over filling. Repeat rolling of remaining dough. Lightly moisten edge of bottom pastry with water. Place top pastry over filling and cut off excess pastry, leaving 1/2" overhang. Turn top crust under bottom crust to seal; crimp. Cut a few decorative vent holes in the top for escaping steam, if desired. Sprinkle with remaining 1 tsp. sugar.

Bake for about 1 hour 10 minutes or until golden brown and apples are tender, covering edges with foil to prevent over-browning, if necessary. Serve warm or cold. Note: You can use this pastry recipe for making other fruit pies such as cherry, peach, blueberry, etc. For a cherry pie's top crust you could try making a lattice by rolling out the pastry to a circle. This circle can be a little thicker than the bottom pastry to facilitate handling the strips. Cut across the circle into full length 3/4" wide strips. Lay half of the strips 1" apart from each other across the top of the pie. Fold alternate strips backwards in half and lay a strip of pastry in the center perpendicular to the others. Begin to form a lattice by bringing the folded-back strip down and next time folding the opposite ones back. Another strip laid crosswise and more strips folded back down, etc. When half of the pie is finished, turn it around and follow the same procedure with the other half. Press the trimmed lower crust over the lattice strips and seal.

Tossed Salad

Ingredients:
1/2 head lettuce (Iceberg, Bibb, Boston or a combination)
Vegetable toppings of your choice: peas, corn, broccoli, carrots, green pepper, onion, etc.
Grated cheese (cheddar or Monterey Jack)
Dressing of your choice

Preparation:
Wash, dry and tear lettuce into a bowl. Peel and prepare (dice or slice) the vegetable toppings of your choice. Add a little grated cheese and a spoonful of your favorite dressing.

Apple Stew

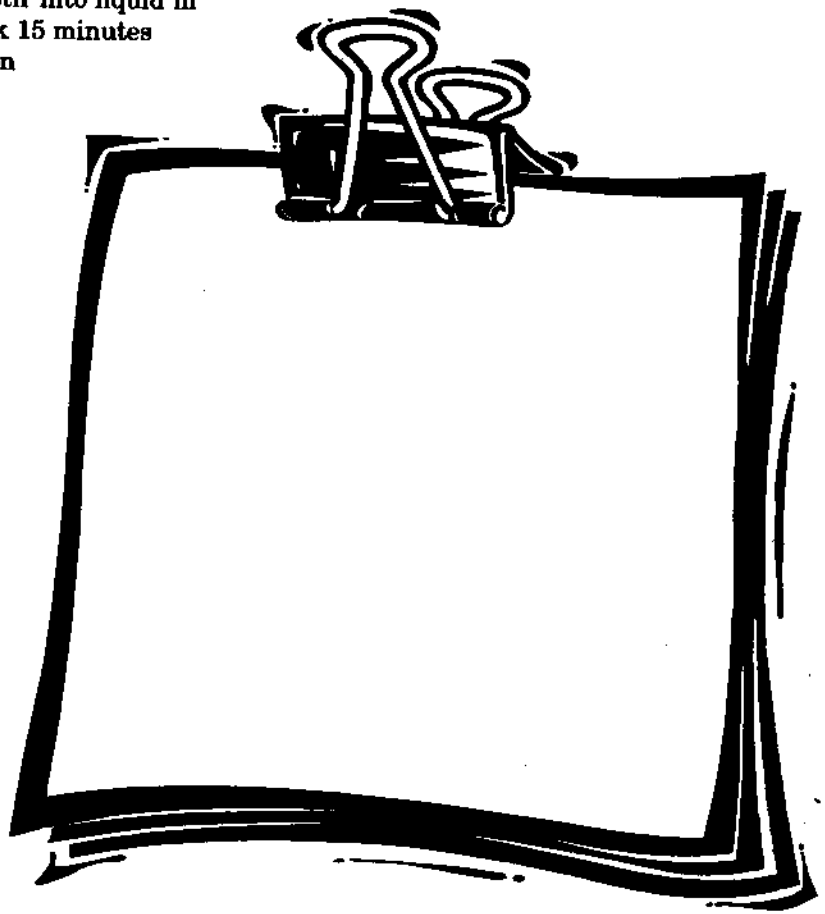
This recipe features a new cooking utensil—the slow cooker or crock-pot. A crock-pot works well for savory stews like this because of the low, constant, moist heat it provides for cooking.

Ingredients:

2 lbs. pork
3 Tbs. flour
1 tsp. salt
1/4 tsp. dried thyme
1/4 tsp. pepper
6 carrots
4 potatoes
2 onions
1 apple
2 cups apple cider
1 Tbs. vinegar
1/2 cup cold water
1/4 cup flour

Preparation:

Cube boneless pork, slice onions and carrots, quarter potatoes, chop apple. Combine 3 Tbs. flour, salt, thyme and pepper; toss with meat. Put carrots, potatoes, onions and apple in crock-pot. Top with meat cubes. Combine apple cider and vinegar and pour over meat. Cover and cook on low for 10-12 hours. Turn crock-pot to high. Blend 1/4 cup flour and 1/2 cup cold water. Stir into liquid in crock-pot. Cover and cook 15 minutes or until thickened. Season to taste. Serves 6-8.



This menu is tied to the traditional foods of San Francisco, California. Some cities and regions have dishes so central to their history, people only know them by the name of that city. This is the case with our first recipe.

San Francisco Rice

Ingredients:

4 oz. uncooked long-grain rice
4 oz. uncooked spaghetti, broken into 2" pieces
3 Tbs. vegetable oil
4 Tbs. sesame seeds
2 Tbs. chopped green onion
salt and pepper
1 1/2 cups chicken stock
1 Tbs. soy sauce

Preparation:

Rinse the rice and pasta to remove starch, and set aside to dry. Heat the oil in a large frying pan and add the dried rice and pasta. Cook over moderate heat to brown the rice and pasta, stirring continuously. Add the sesame seeds and cook until the rice, pasta and seeds are golden. Add the green onions, salt and pepper, and pour 1 cup stock over all. Stir in the soy sauce and bring to a boil. Cover and cook about 20 minutes, or until the rice and pasta are tender and the stock is absorbed. Add more of the reserved stock as necessary. Do not let the rice and pasta dry out during cooking. Fluff up the grains of rice with a fork. Serves 4-6.

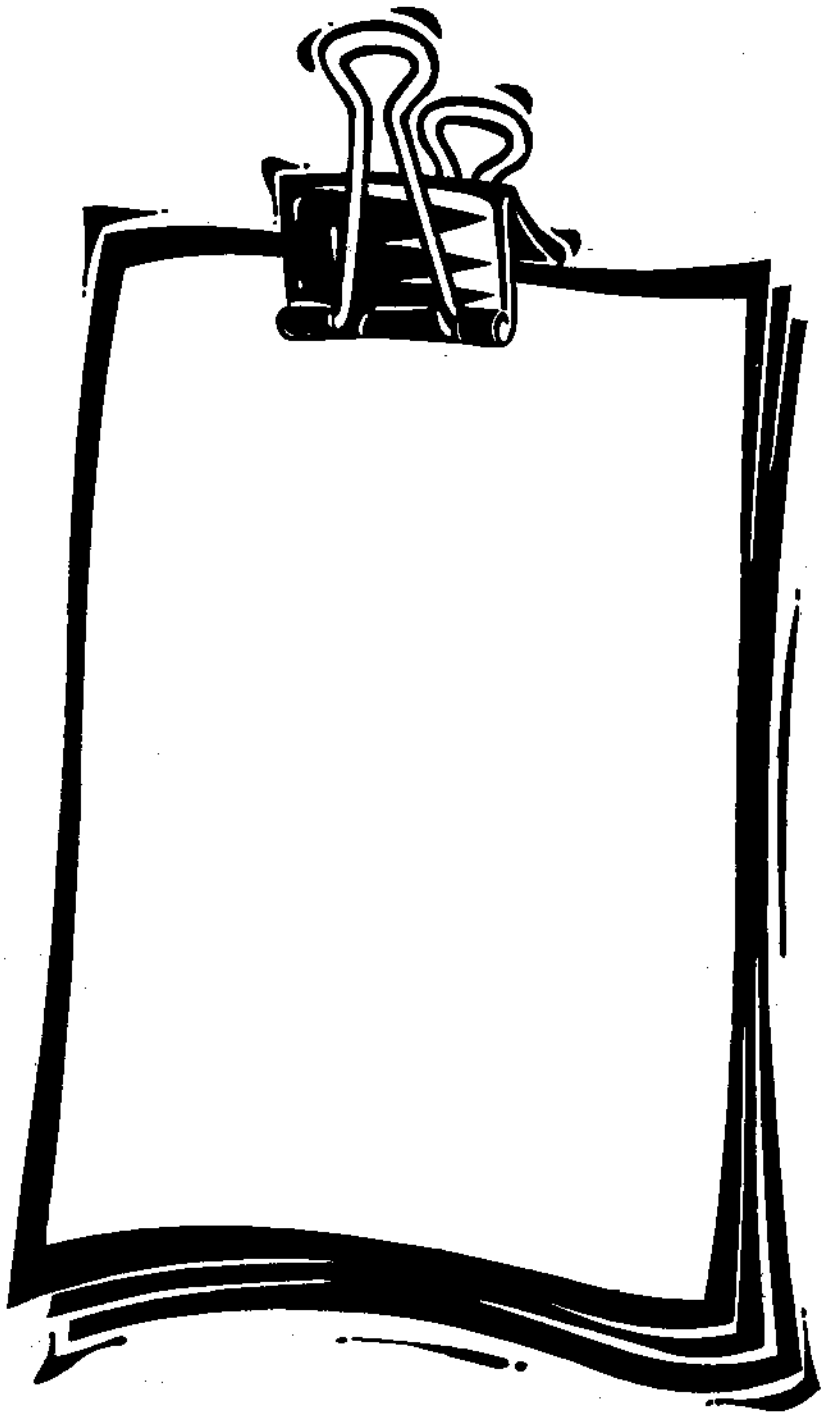
Sourdough Sandwich

Ingredients:

8 slices sourdough bread
4 slices ham
4 slices Swiss cheese
butter or margarine

Preparation:

Heat a nonstick skillet over medium-high heat. Lightly butter one side of 4 slices of the bread. Lay each in the pan, buttered side down. Lay one slice of ham and one slice of cheese on each of the bread slices in the pan. Butter one side of the remaining four slices of bread, and lay on top of the sandwiches in the pan, buttered side up. When the bottom piece of bread is golden brown, carefully flip the sandwich. Continue to cook until the cheese is melted and both sides of each sandwich are golden.
Serve immediately.



These recipes are for a traditional American Thanksgiving meal, but you can enjoy these foods anytime for a special family celebration. Everything is perfect—especially the pumpkin pie! You may want to think of something you could sing together as a family when you enjoy this meal.

_____Roast Turkey

This turkey is so delicious everyone will ask for more.

Ingredients:

3-5 lb. turkey breast (bone-in)
1 onion, peeled and quartered
1 carrot, peeled and cut in half
1 stalk of celery, cut in half
1 Tbs. rubbed sage
salt and pepper
melted butter

Preparation:

Preheat the oven to the appropriate temperature listed on the oven bag. Rinse the turkey breast inside and out. Pat dry. Season with salt and pepper inside and out. Place the onion, carrot and celery inside the turkey breast for flavoring. Brush the top of the turkey breast with melted butter. Sprinkle the rubbed sage on top of the skin. Place the turkey breast in an oven-roasting bag. Follow the bag directions for time and temperature. Serves 8.

_____Corn Pudding

Ingredients:

1 can cream-style corn
2 cups frozen corn (or freshly cut from cob)
1/4 cup butter or margarine, melted
1/3-1/2 cup white sugar (to taste)
2 Tbs. milk
2 eggs (beaten with fork)
sprinkle of nutmeg

Preparation:

Preheat oven to 350°. Mix frozen and canned corn together in a large bowl. Add milk, beaten eggs, sugar, butter or margarine. Pour into baking dish or pan. Sprinkle nutmeg over top. Bake for 45 minutes to 1 hour. Serves 6-8.

Chef's Corner

Have you ever made whipped cream and had it separate? Stabilization is a technique chefs use to prevent this. Sugar helps stabilize the cream and keeping it from separating.

_____Pumpkin Pie

Ingredients:

1 unbaked 9" deep-dish pie shell (refrigerated, frozen or homemade)
2 eggs
1 (16 oz.) can pumpkin
3/4 cup granulated sugar
1/2 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves
1 (12 fluid oz.) can undiluted evaporated milk

Preparation:

Defrost or prepare pie shell. Preheat oven to 425°. Beat eggs lightly in large bowl. Stir in remaining ingredients in order given. Pour into pie shell. Bake for 15 minutes at 425°. Reduce temperature to 350°; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack. Serves 8.

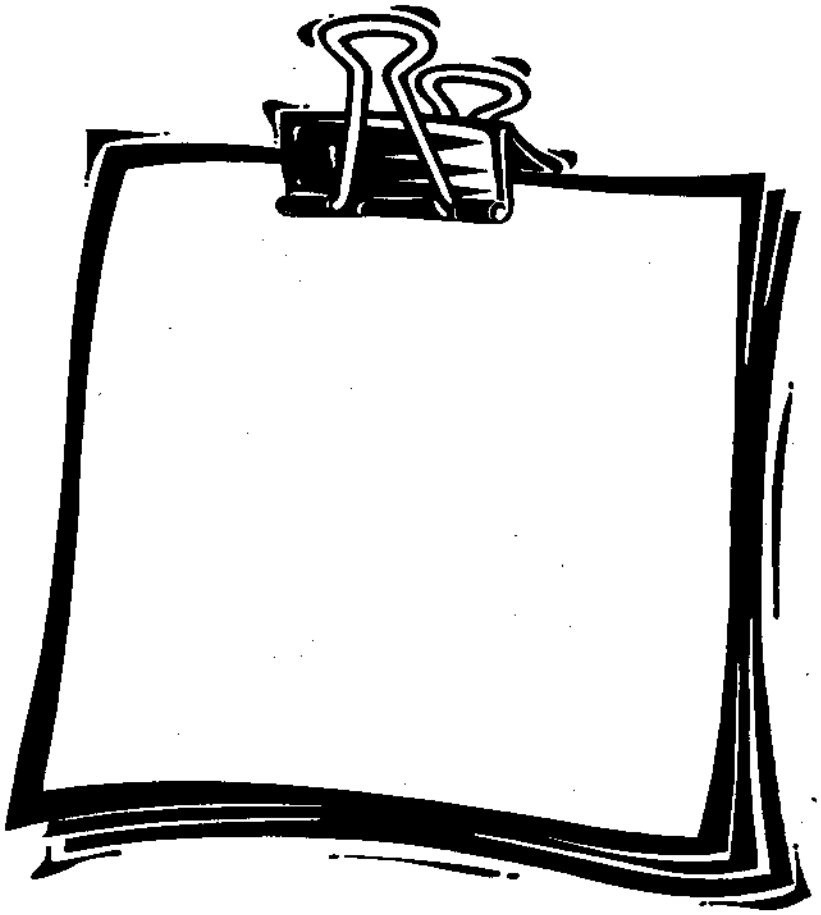
Whipped Cream

Ingredients:

2 cups heavy cream, chilled
2 Tbs. confectioners' sugar
1 tsp. vanilla

Preparation:

With an electric mixer, whip the heavy cream until soft peaks form, approximately 1 minute. Add confectioners' sugar and vanilla, and continue to whip for a few more seconds. Chill for at least 30 minutes.



Some of the Russian cuisine may not seem familiar to your family. But these recipes for some traditional Russian foods—such as cabbage soup, rolls and teacakes—will give you an idea of family food in Russia!

Cabbage soups (also made with cabbage and beets, known as borsch) are famous in Russia. Hearty vegetable soups, like the one in this lesson, are made from recipes handed down by the peasants over hundreds of years. There are literally hundreds of variations of cabbage soup made in Russia.

Chef's Corner

In Russia, starting lunch or dinner with a beautiful tray of appetizers (small bite-sized foods you eat before a meal) is traditional. It is an important part of the meal. Everyone comes together and visits while they nibble on delicious treats and wait for their main course (the main dish being served). Here are some examples of traditional Russian appetizer items: smoked herring, salami, ham, dill pickles, sweet pickles, cherry tomatoes, marinated mushrooms, radishes, green onions, and various cheeses. If you wish, you can choose a few of these items, arrange your own platter and serve them as appetizers before enjoying a steaming bowl of Cabbage Soup.

Cabbage Soup

Ingredients:

1 1/2 lbs. lean rump or chuck roast, cut into 1" cubes
2 cups canned chopped tomatoes
1 large onion, chopped
1 bay leaf
1 clove garlic, minced
3 quarts cold water
1 medium head cabbage, shredded
2 Tbs. sugar
2 Tbs. white vinegar
1 Tbs. fresh lemon juice
salt and pepper to taste
lowfat sour cream, for garnish

Preparation:

In a large soup pot, put the beef, tomatoes, onions, bay leaf and garlic. Cover these ingredients with the 3 quarts water. Let stand for 1 hour. Turn on your range to medium and simmer, covered, for 2-3 hours. Remove the bay leaf and add the cabbage, sugar, vinegar, salt and pepper. Simmer for 15 minutes or until the cabbage is tender.

Remove from the heat and add the lemon juice. Garnish each serving with a dollop of the sour cream. Serves 8.

Russian Buns

Ingredients:

8 c. flour
2 c. sugar
5 eggs
1 lb. butter
2 cups sour cream
3/4 tsp. baking soda
nuts (optional)

Preparation:

Preheat oven to 350°. Cream butter and eggs. Mix sour cream and baking soda. Combine with the butter/egg mixture. Sift flour on board and mix in the sugar. Make a hole in the middle and add the egg mixture. Knead the dough by hand, constantly sprinkling the board with flour. Shape into round buns. Brush top with beaten egg yolk. Sprinkle with nuts and bake in a shallow pan at 350° until golden brown, approximately 15-20 minutes. Makes 24-36 buns.

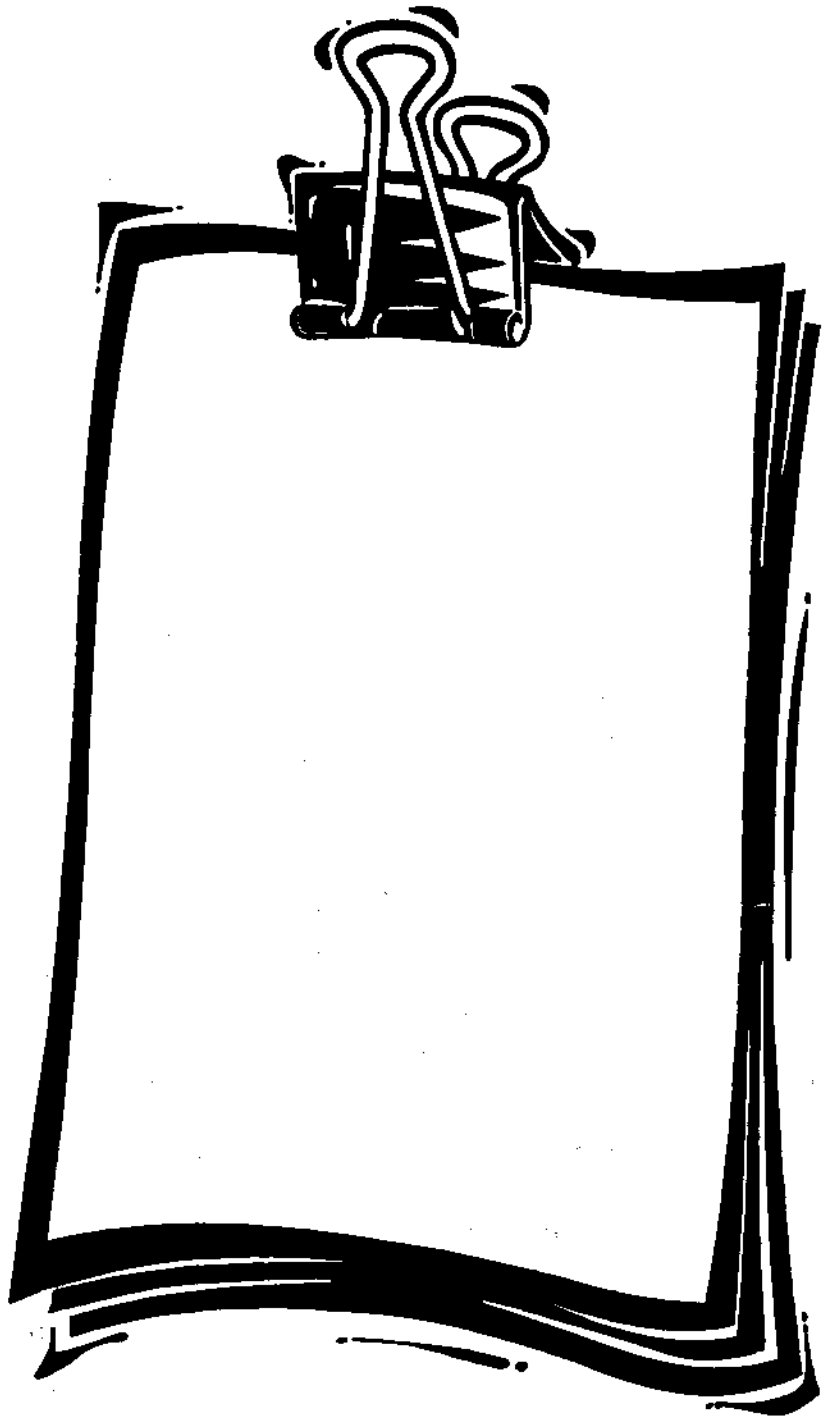
Teacakes

Ingredients:

1 c. butter, softened
1 Tbs. vanilla
3/4 cup powdered sugar
2 cups all-purpose flour, sifted (may use 4-5 Tbs. more)
2 cups pecans, chopped
powdered sugar, for rolling

Preparation:

Cream butter thoroughly; stir in vanilla. Gradually work in powdered sugar and flour. Add pecan meats and work into dough thoroughly. Pinch off dough and roll in hands to form balls the size of a large marble. Place on greased baking sheets. Bake 10 minutes at 300°, then 10 more minutes at 325°. Roll in powdered sugar while hot. Makes 48 cookies.



Italians love to cook and love to eat together as a family. You will love preparing and enjoying these dishes with your family.

Chef's Corner:

Biscotti are long, crunchy Italian cookies. They can often be found in gourmet coffee shops. The word 'biscotti' means 'twice-baked' in Italian and that is exactly how they are prepared. The second baking helps to dry out the cookie and allows it to be stored for longer periods of time. Biscotti can be enjoyed best when dipped into some hot tea, coffee or cocoa. The hot beverage helps to soften the cookie and brings out the full flavors.

Ricotta cheese is a soft, somewhat crumbly Italian cheese. It is mild in flavor and can be compared to American cottage cheese but with a fine texture. Ricotta cheese can be found in nearly any supermarket in the dairy section near the sour cream, cottage cheese and milk.

In Italy, people enjoy cooking their meals with the freshest possible ingredients. Often, Italian cooks go to the market once each day. Italian cooks also prefer traditional utensils and cooking methods. Only 5% of the homes in Italy have microwave ovens, compared to nearly 70% in the United States.

Marinara Sauce

A marinara sauce is an Italian sauce made of garlic and tomatoes. Marinara sauces typically do not feature any meat or meat flavoring. In Italy, fresh marinara sauces are made by cooks and served on homemade pasta. Yum!

Ingredients:
5 lbs. vine-ripened fresh tomatoes or 1 No. 10 can whole tomatoes (6lbs. 6-oz. size), undrained
1/4 cup olive oil
9 cloves garlic, mashed
1/3 cup coarsely chopped fresh basil
1 Tbs. salt

Preparation:
First, prepare the tomatoes. If fresh, finely chop in processor or by hand. If canned, crush them with your fingers until coarse. Put the olive oil and mashed garlic in heavy-bottomed saucepan and sauté very lightly. Add tomatoes and juices to the saucepan and bring to a boil. Slowly simmer for 10 minutes. Add chopped basil and salt. Stir well; remove from heat source. Cover; let steep for 15 minutes. Serve this sauce over freshly cooked pasta noodles (spaghetti). Serves 8.

Biscotti

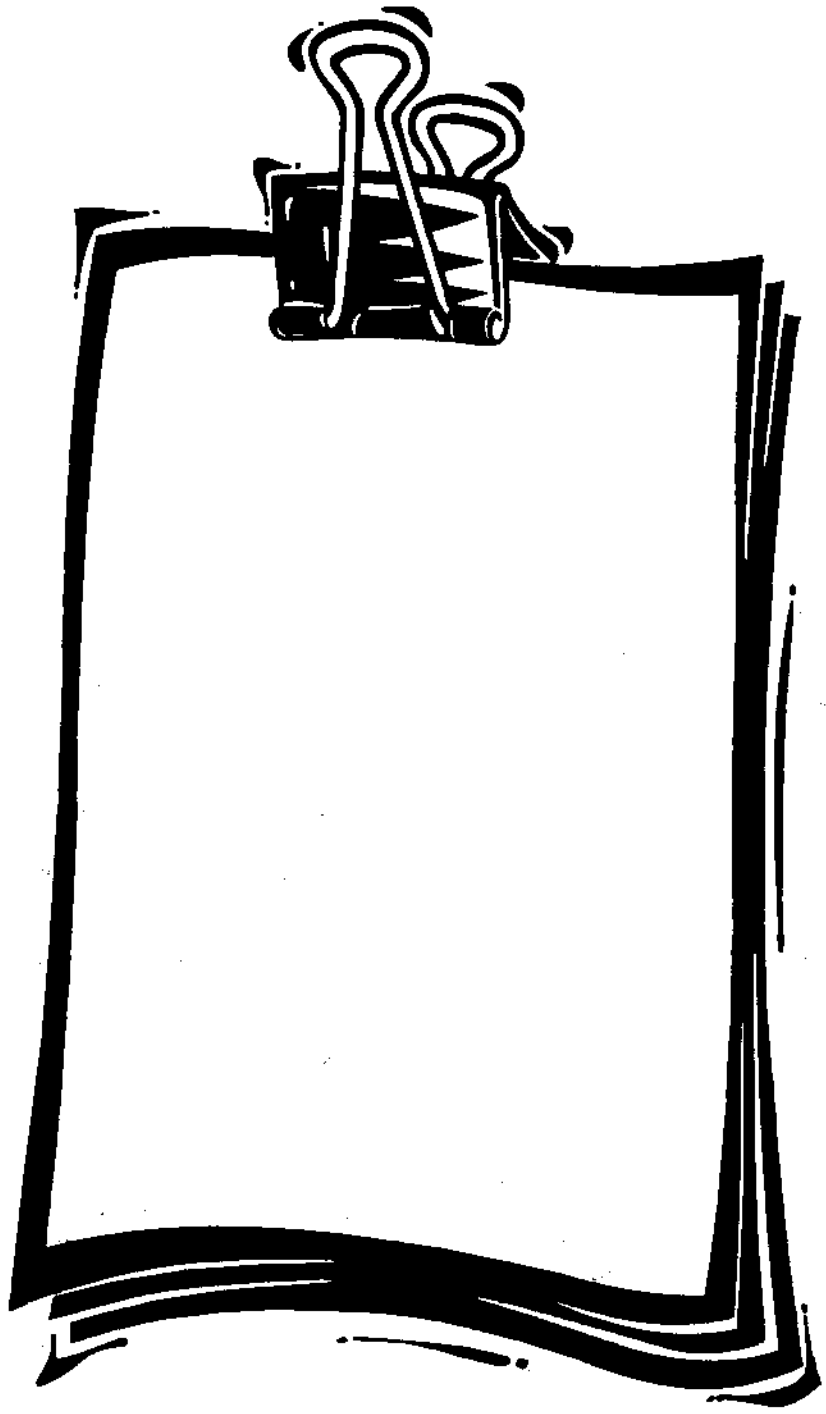
Ingredients:
1 cup sugar
1/4 cup olive oil
3 cups sifted flour
4 eggs
2 tsp. baking powder
2 tsp. vanilla
2 tsp. almond extract
1/4 cup sliced almonds

Preparation:
Preheat oven to 350°. Mix all the ingredients in a bowl at medium speed until well blended. The consistency will be sticky and like most cookie dough. This takes about 3 minutes. Sprinkle some flour on a board, rub your hands with flour, and place dough on board. Knead the dough lightly, and keep sprinkling with flour until dough is smooth and only slightly sticky. Cut the dough in half and roll out into a 4"x12" rectangle about 1/2" thick. Do the same with the remaining dough. Place both rolled out biscotti on a greased cookie sheet. Bake 20 minutes at 350°. Remove from oven, and cut each biscotti into slices 1/2" wide. (They will be hot so have an adult help you!) This must be done while the biscotti is hot. You will end up with about 40 biscotti. Turn the oven's temperature up to 425°. Turn each slice on its side and bake again at 425° for 3 minutes. This will toast the biscotti, and make them nice and crunchy. Remove from oven and cool for 30 minutes. Store in an airtight container.

Ricotta Cake

Ingredients:
1 pkg. yellow cake mix
1 cup sugar
1 tsp. vanilla
4 eggs
2 lbs. ricotta

Preparation:
Preheat oven to 350°. Mix ricotta, sugar, eggs and vanilla in large bowl. Add yellow cake mix. Mix well. Put in a greased 13"x9" baking pan. Bake 55 minutes to 1 hour. Cool and invert. Serve cool plain or with strawberries!



If you are adventurous, perhaps you would like to purchase some fresh mussels or clams to steam and eat. However, in these menu selections, you will find recipes for poached shrimp, traditional Inuit fry bread and succotash.

Poached Shrimp

Ingredients:
8 cups water
1/4 cup sliced onion
1 clove garlic, peeled
1 bay leaf
2 celery ribs
1 1/2 Tbs. salt
1 lb. fresh shrimp in the shell
1/2 lemon, with rind

Preparation:
Boil water, onion, garlic, bay leaf, celery and salt in a saucepan for 5 minutes. Add the shrimp and lemon. Reduce the heat to medium-high. Simmer another 5 minutes, until the shrimp are pink, but not tightly curled. Drain immediately and chill for at least 2 hours. Serve the shrimp in the shells. Shuck and eat. You can dip these shrimp in cocktail sauce or melted butter. Serves 4-6.

Fry Bread

In nearly all Native American tribes in the United States, fry bread is considered a staple. It is baked fresh daily, and provides the Native Americans with nutritious, filling and delicious meals. You can serve this fry bread with honey (as a snack or dessert), or you can add grilled chicken or beef and beans and make an Indian Taco.

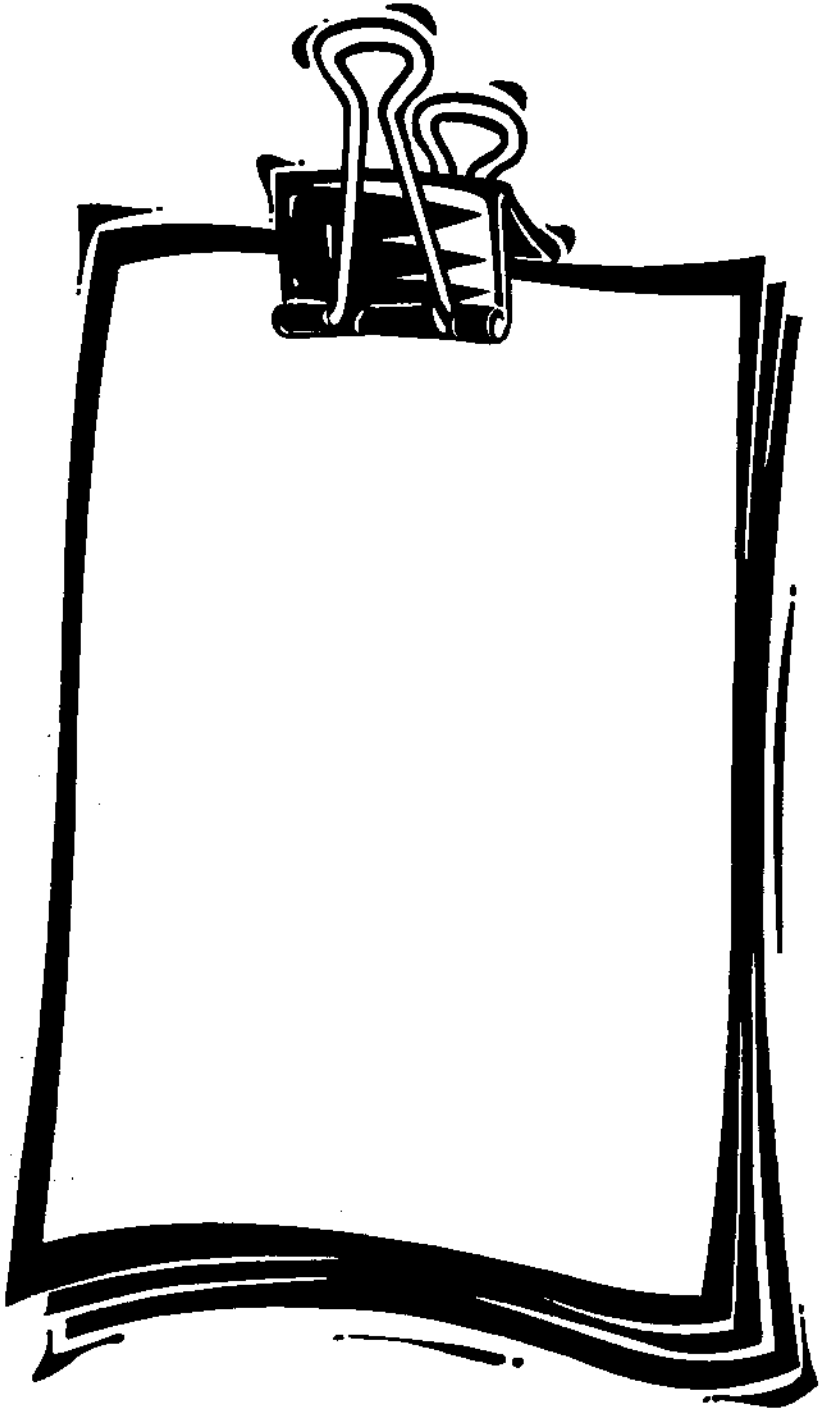
Ingredients:
2 cups flour
3 tsp. baking powder
1 tsp. salt
1 cup milk
3/4 cup Crisco®

Preparation:
With an adult's help, use a fryer or cast iron skillet and melt down Crisco® (or use vegetable oil); heat to 375°. Sift dry ingredients. Lightly stir in milk. Add more flour as necessary to make a dough that is light, but that you can handle. Knead the dough on a floured board 10 times. Pinch off fist-sized lumps and shape into disks. Fry in fat (about 375°) until golden and done on both sides, about 2 minutes per side. Drain on absorbent paper. Makes 6.

Succotash

Ingredients:
1 1/2 cups frozen corn kernels, thawed (may use fresh corn kernels—about 3 ears)
1/2 cup chopped onion
1 cup chopped summer squash
1 cup chopped red bell pepper
1 tsp. ground cumin
1 Tbs. olive oil
2 cloves garlic, minced
1/2 cup chicken broth
2 Tbs. chopped fresh cilantro
1/8 tsp. hot sauce
1/8 tsp. ground pepper
2 cups frozen baby lima beans, thawed

Preparation:
Place a large nonstick skillet over high heat until hot. Add corn, red pepper, onion, and cumin; sauté 5 minutes until vegetables are slightly blackened. Add summer squash, olive oil, and garlic, sautéing an additional minute. Reduce heat to medium-high, add broth and remaining ingredients. Cook 3-5 minutes or until heated through, stirring frequently. Serves 6.



The first recipe in this menu is for a classic Italian vegetable soup known as minestrone (min i STROH nee). One of the soups Italian mothers make for their families would be minestrone.

Chef's Corner

In the recipe for Minestrone Soup, you are instructed to "remove the bay leaf" before serving. This is very important. Bay leaves offer delicious flavoring to soups, meats and other dishes. Bay leaves, however, are sharp, tough and indigestible. If your guest got a mouthful of bay leaf, he would not be very happy. Learning to read a recipe completely and carefully following each of the instructions is an important part of being a good chef.

_____Minestrone Soup

Ingredients:

1 cup dry Northern beans
2 quarts chicken or vegetable stock
2 large cloves garlic, minced
1 large bay leaf
2 Tbs. olive oil
1 large onion, coarsely chopped
2 carrots, diced
2 stalks celery, coarsely chopped
1 cup water
2 cups peeled and coarsely chopped tomatoes
1 cup diced zucchini
2 cups coarsely chopped cabbage
2 Tbs. freshly chopped oregano (or 1 Tbs. dried oregano)
3/4 cup uncooked small macaroni
salt and pepper to taste

Ingredients for garnish:

olive oil
grated Parmesan cheese

Preparation:

Place beans in a large pot and cover with water. Soak at least 2 hours or overnight. Drain beans; add stock, one clove garlic, and bay leaf and bring to a boil. Reduce heat and simmer covered until beans are almost tender, about 45 minutes.

While beans are cooking, heat oil to medium heat in a skillet; add onion, one clove garlic, celery, and carrots. Sauté for 5-7 minutes until softened; add to beans. Rinse out skillet with 1 cup water and add to soup along with tomatoes; simmer together for 20 minutes. Add zucchini, cabbage and oregano; simmer 15 minutes. Stir in macaroni and cook until pasta is tender, about 10 minutes. Remove bay leaf. Add salt and pepper to taste. Top each serving with a drizzle of olive oil and Parmesan cheese. Serves 8.

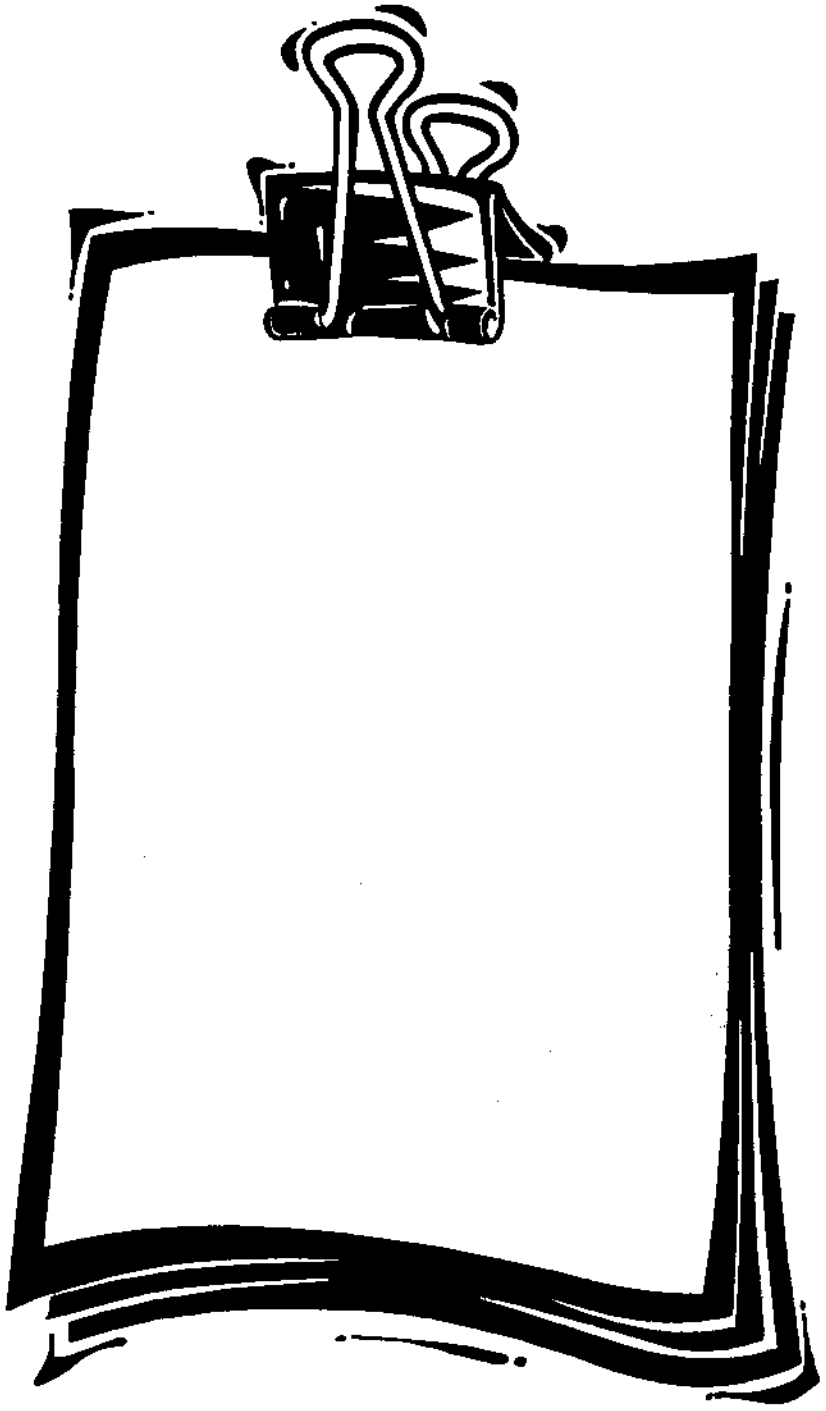
_____Parmesan Bread

Ingredients:

1 loaf Italian bread
butter or margarine
garlic salt
Parmesan cheese, freshly grated

Preparation:

Preheat the oven broiler. Split the loaf of bread in half horizontally. Generously apply butter or margarine to both sides. Sprinkle with garlic salt. Sprinkle with freshly grated Parmesan. Broil for 1-2 minutes. Watch carefully so it doesn't burn. Slice and serve with pasta or soup.



Grandparents are special people in our lives. Often, they make special meals and treats for their grandchildren. These recipes reflect what a grandparent might make for a grandchild on a stormy night. Warm macaroni and cheese, sweet carrots and big chewy cookies are just the sorts of things a grandchild would love.

_____Mac & Cheese

Ingredients:
1 1/2 cups uncooked elbow macaroni
1/4 cup butter or margarine
1/2 tsp. salt
1/4 tsp. pepper
1/4 cup all-purpose flour
1 3/4 cups milk
8 oz. American process cheese

Preparation:
Preheat oven to 375°. Cook macaroni according to package directions. Melt margarine with salt and pepper over medium heat in a small saucepan. Stir in flour. Cook over low heat, stirring constantly for 30 seconds. Stir in milk and heat to boiling, stirring constantly for 1 minute. Remove from heat and stir in cheese until melted. Place macaroni noodles in an ungreased 1 1/2-quart casserole dish. Stir cheese sauce into macaroni. Bake uncovered for 30 minutes. For an extra special touch, mix 4 Tbs. melted butter into 1/2 cup of dry breadcrumbs. Sprinkle over the macaroni and cheese and cook for an additional 5 minutes. Serves 6-8.

_____Glazed Carrots

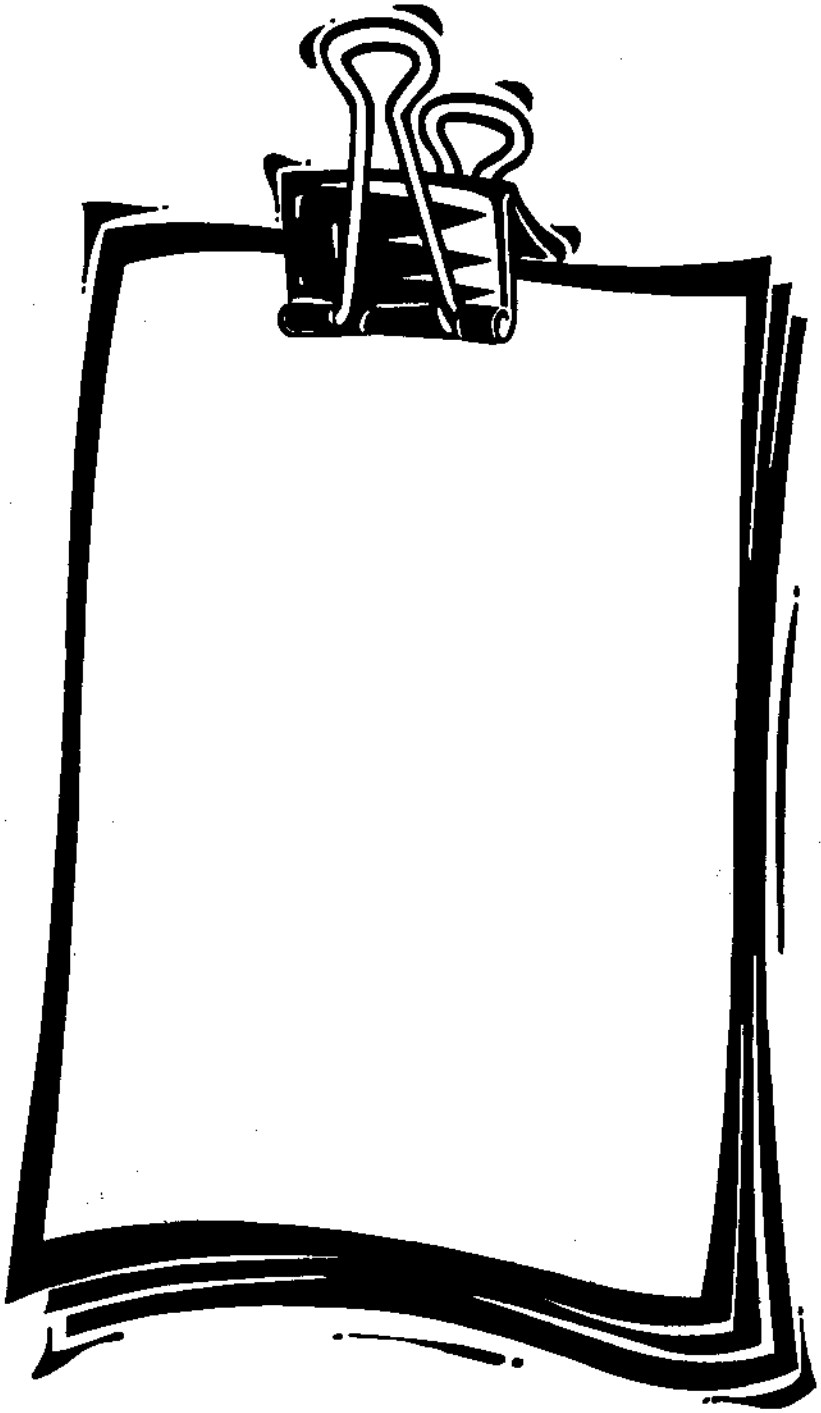
Ingredients:
1 1/2 lbs. fresh carrots
1/3 cup packed brown sugar
1/2 tsp. salt
1/2 tsp. grated orange peel
2 Tbs. butter or margarine

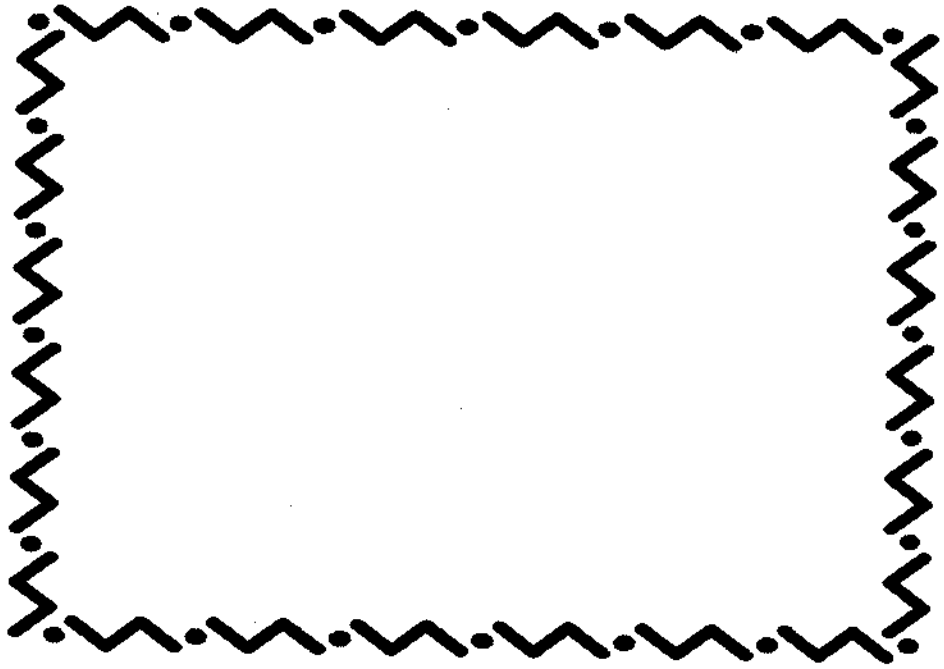
Preparation:
Peel and slice carrots into 1" thick slices. Place in a microwave safe bowl, with 1/3 cup water. Cover with plastic wrap and microwave on high for 5 minutes. Stir and microwave an additional 3 minutes. Drain. In a skillet over medium heat, stir brown sugar, salt, and orange peel in margarine until bubbly. Add carrots. Cook over low heat, stirring occasionally, until carrots are glazed and heated through, about 5 minutes. Serves 6-8.

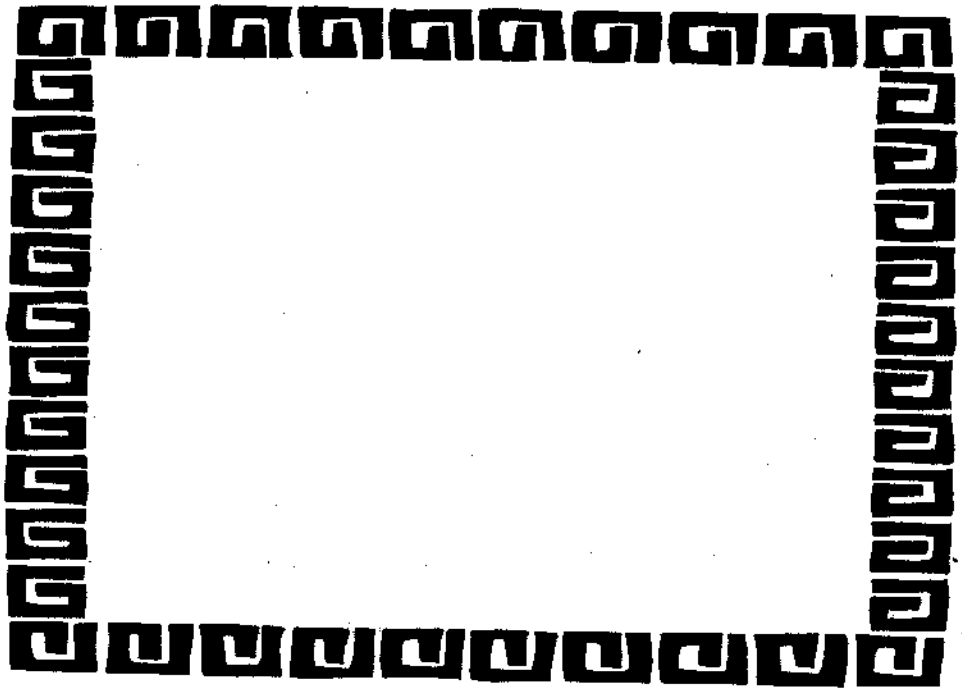
_____Oat Cookies

Ingredients:
1/2 cup shortening
1/2 cup margarine
1 cup brown sugar
3/4 cup white sugar
2 eggs
2 tsp. baking soda
1 tsp. salt
1 1/2 cups all-purpose flour
1 cup peanut butter
1 cup quick-cooking oats

Preparation:
Preheat oven to 350°. Cream together shortening, margarine, sugars and peanut butter. Add eggs and mix well. Add baking soda and salt; combine thoroughly. Stir in flour and oats. Drop by teaspoon onto ungreased cookie sheet and bake for 15 minutes or until just light brown. Don't overbake. Cool and store in an airtight container. Makes 36 cookies.







During inclement weather, people often fix themselves hearty, warming meals. These chicken and dumplings will warm you on the coldest day, and the meringue cookies look just like real snowdrifts!

Chicken and Dumplings

Chicken and Broth Ingredients:
3 whole chicken breasts, skinned, with bone
5 or 6 carrots, roughly chopped
1/2 cup celery, roughly chopped
2 cloves garlic
1/2 cup chopped onion
1/4 cup butter
1/2 cup flour
3 tsp. chicken boullion
2 tsp. sugar
1 tsp. dried basil
1/2 tsp. pepper
4 cups chicken broth
1 cup frozen peas

Dumpling Ingredients:
2 cups biscuit mix
2 tsp. dried basil
2/3 cup milk

Preparation:
In a large pan full of water, boil the chicken, sliced carrots and celery. When the chicken is cooked (approximately 20 minutes–do not over cook) remove from bones and cut into bite-size pieces. Strain broth to remove the carrots and celery. If you have time you might want to boil the broth with the bones and skin a bit longer to get a wee bit more flavor. Reserve 4 cups of this homemade broth.

Preheat oven to 350°. In large saucepan set on medium heat, sauté onion and garlic in butter until tender. Add flour, sugar, bouillon, basil, pepper and broth; bring to a boil. Cook, stirring constantly, for 1 minute. Reduce heat. Add peas and cook for 5 minutes, stirring constantly. Add chicken, carrots and celery. Pour into greased 13"x9" pan. Mix dumpling mixture with a fork and drop by tablespoonful onto the chicken mixture. Bake uncovered for 30 minutes. Cover and bake for 10 minutes more or until dumplings are done. Serves 8.

Chef's Corner

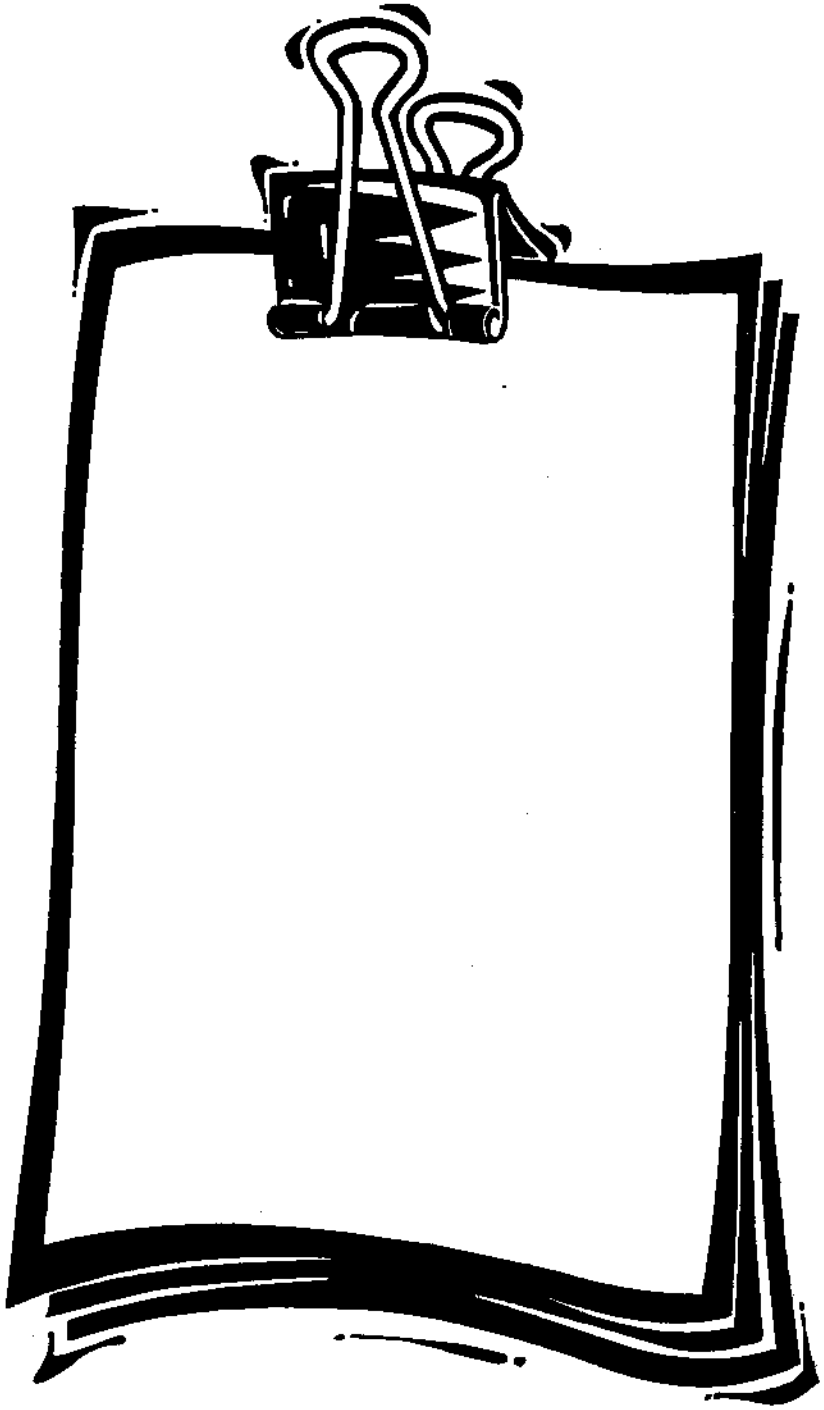
The snowdrift cookies in this section are made of stiffly beaten egg whites. The cooking term for this is meringue (muhr ANG). Meringue is used in light custard-like foods called soufflés, on pies and on the famous dessert, Baked Alaska. Learning to make a good meringue is part of your cooking expertise.

Meringue Cookies

These cookies are delicious and look just like little drifts of white snow. They are especially fun to make because you get to 'forget' them in the oven overnight! In the morning, your cookies are done.

Ingredients:
2 egg whites
3/4 cup sugar
1/4 tsp. cream of tartar
1 tsp. vanilla
1 cup chopped toasted pecans
1 cup chocolate chips

Preparation:
Preheat oven to 350°. Line 2 cookie sheets with tin foil or parchment. Beat egg whites until soft, glossy peaks form. Add cream of tartar and vanilla; continue beating until stiff. Slowly add sugar and continue beating until peaks are stiff and shiny. Fold in nuts and chips. Drop by spoonful on cookie sheets. Put in oven and turn oven off. Do not peek! Leave in oven overnight. Cookies will be ready in the morning.



Living near the ocean allows families to use seafood for a large part of their meal planning. If you live inland, plan your meal as a special occasion and splurge a little to make a memorable treat.

Chef's Corner

In the French Fries recipe, the instructions tell you to soak and rinse the potatoes in cold water before you coat and bake them. Do you know why? Potatoes are high in starch. When you soak, rinse and pat them dry, you are removing the excess starch. If they were too starchy, the French fries would be too soft and soggy. Instead, the French fries bake up crisp and tasty.

Lobster Rolls

There are many variations on the lobster roll, but this recipe features the classic lobster roll. Simple and delicious.

Ingredients:

2 cups precooked lobster meat, cut and chilled
(or 2 cups canned lobster)
2 Tbs. real mayonnaise
1/2 cup celery, finely diced
4 hot dog or bulky rolls
melted butter

Preparation:

In a bowl, mix lobster meat with mayonnaise and celery. Stir well; cover and chill in refrigerator until ready to use. Split and toast 4 hot dog or bulky rolls and spread with melted butter. Grill rolls in a frying pan on medium heat. Fill rolls with lobster mixture and serve immediately. Serves 4.

French Fries

These French fries are baked, not fried. It's a healthier, safer option and yields a very tasty result.

Ingredients:

4 medium russet potatoes, cut into large wedges
1 Tbs. vegetable oil
1/4 tsp. black pepper
1/4 tsp. salt
1/2 tsp. paprika
2 cloves garlic, minced

Preparation:

Preheat over to 425°. Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes. Spray a nonstick baking sheet with vegetable cooking spray. Set aside. Drain potatoes in a colander. Spread on a double layer of paper towels.
Press down on the towels to dry potatoes. Transfer potatoes to a large bowl. Sprinkle with oil, pepper, salt, and paprika; toss to combine. Arrange seasoned potatoes in a single layer on the prepared baking sheet; sprinkle with garlic. Bake potatoes for 20 minutes. Using spatula, turn potatoes. Bake until golden, about 20 more minutes. Serve immediately with ketchup or ranch dressing on the side. Serves 4.

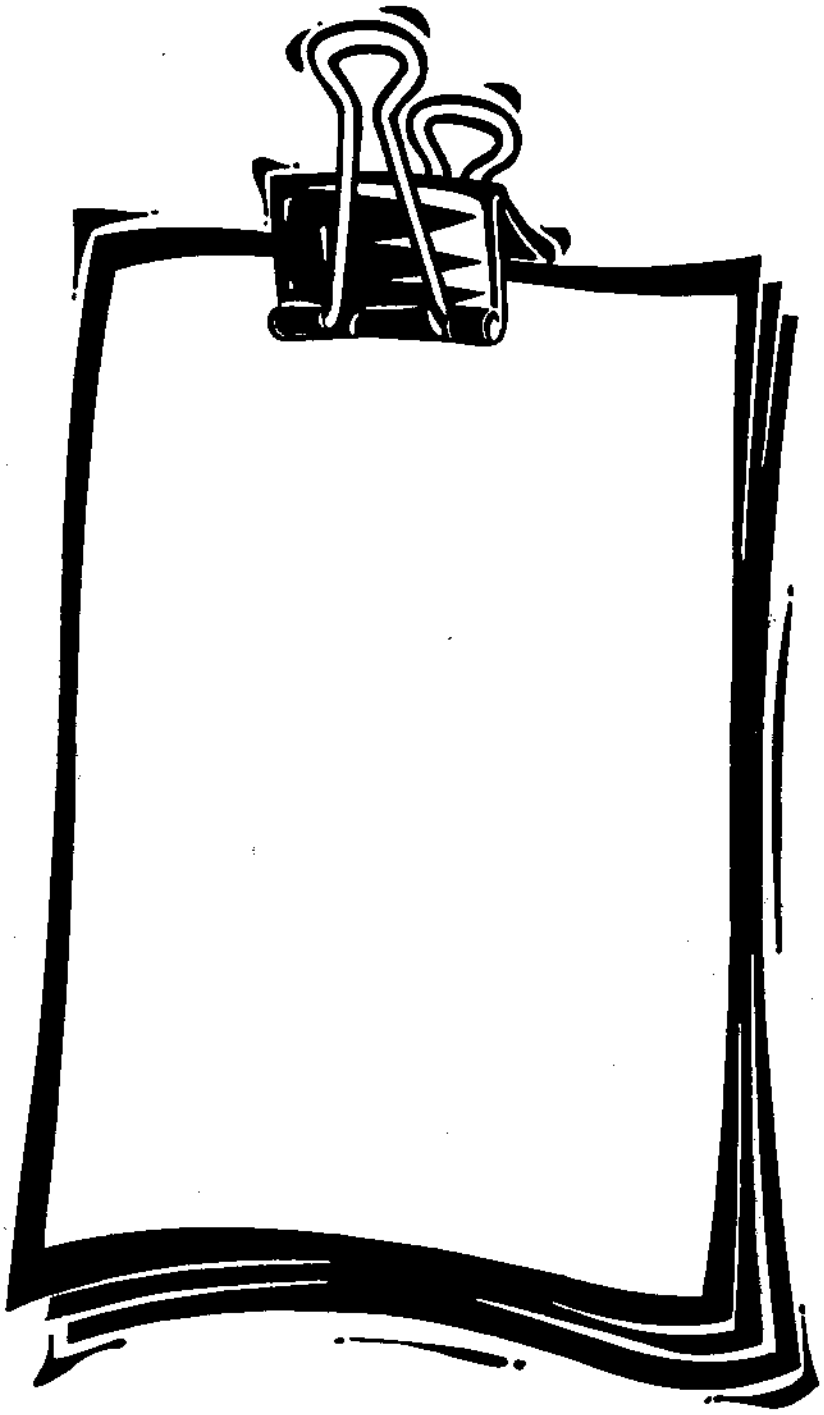
Onion Rings

Ingredients:

1 1/2 cups crushed cornflakes
2 tsp. sugar
1 tsp. paprika
1/4 tsp. seasoned salt
1/4 tsp. garlic salt
2 large sweet onions
2 eggs

Preparation:

Preheat oven to 375°. Combine cornflakes, sugar, paprika, seasoned salt and garlic salt. Set aside. In a bowl, beat the 2 eggs until fluffy. Peel, slice and separate the onions into 1/2" rings. Dip in egg and then roll in crumbs. Place on baking sheet that has been sprayed with nonstick cooking spray. Bake for 20 minutes. Serves 4.



When people are traveling, they long for their own beds and home-style cooking. These recipes evoke those feelings.

Chicken Pie

Ingredients:

2 1/2 cups chicken broth
1 medium-size baking potato, peeled and cut into 1/2" chunks
1 1/2 cups sliced carrots (1/2" slices)
1 cup frozen pearl onions
1/2 tsp. dried rosemary
1 tsp. hot sauce
1/4 tsp. salt
1 bell pepper, diced
4 oz. (about 1 cup) sugar-snap peas, trimmed and halved lengthwise
3 Tbs. butter or margarine
1/4 cup all-purpose flour
8 oz. cooked chicken breast, cut in 1" chunks
1 sheet frozen puff pastry
1 egg, beaten with 1 tsp. water

Preparation:

In large heavy saucepan, bring chicken broth to a boil over high heat. Add potato, carrots, pearl onions, rosemary, hot sauce and salt. Reduce heat to medium; cover and simmer 8-10 minutes, until vegetables are tender. Add bell pepper and sugar-snap peas; boil 30 seconds, just until peas turn bright green. Drain vegetables in a colander suspended over a bowl to catch chicken broth; set aside.
Melt butter in saucepan over low heat. Stir in flour and cook 3-4 minutes stirring constantly. Pour in 2 cups of reserved chicken broth and whisk until smooth. Bring to a boil over medium heat, stirring constantly. Reduce heat to low and simmer 5 minutes, stirring frequently, until thickened and bubbly. Put chicken chunks in bottom of a lightly buttered casserole or soufflé dish. Top chicken with vegetables. Spoon sauce over vegetables.

Preheat oven to 475°. Defrost pastry and unfold on floured surface according to package directions. Brush outside rim of the casserole dish with some of beaten egg mixture. Place pastry rectangle over the dish and press firmly around edges to seal. Trim dough to make neat edge. Brush top with beaten egg mixture. Put the casserole on baking sheet and bake 10-12 minutes, until pastry is puffed and well browned. Serve at once. Serves 8.

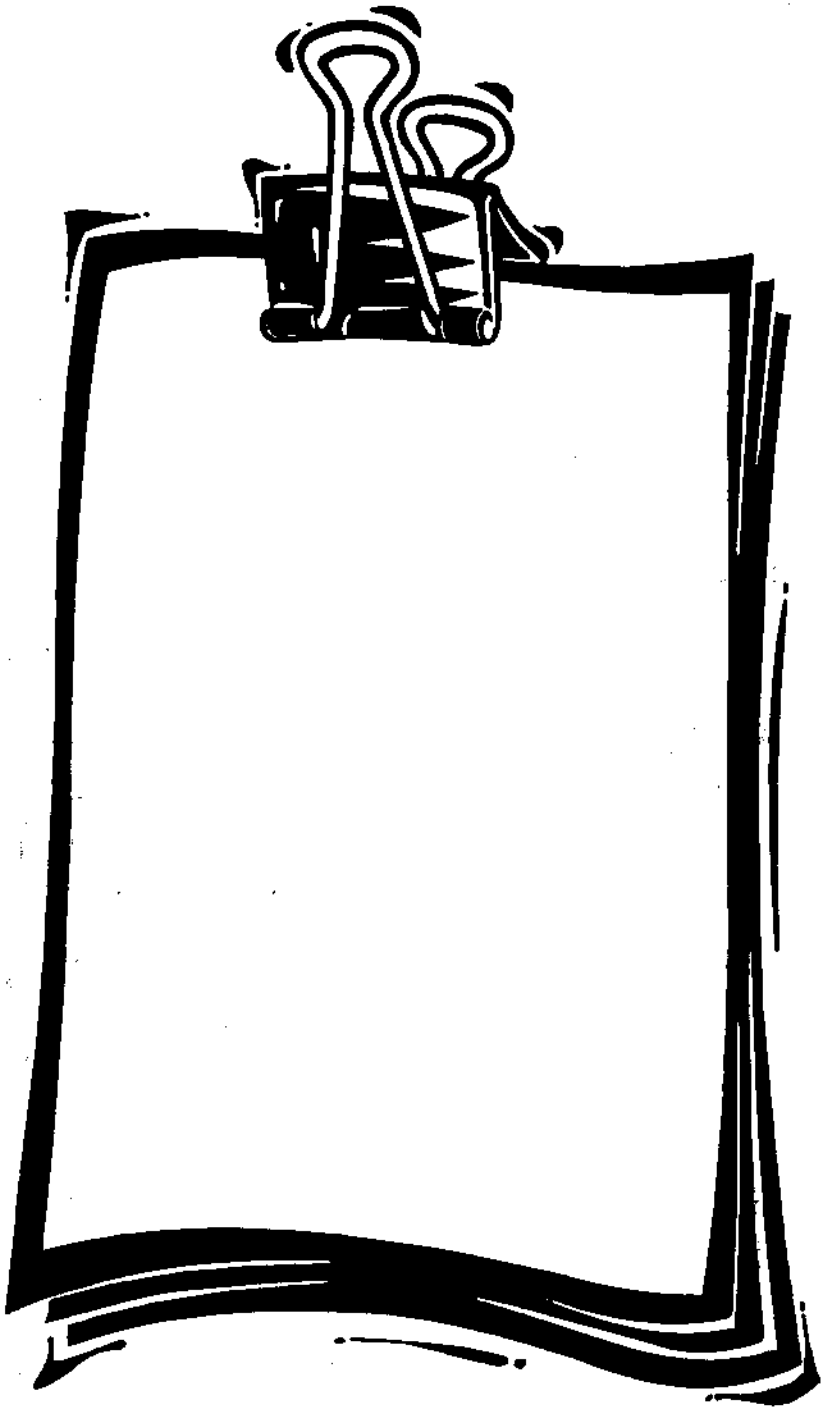
Peach Crisp

Ingredients:

1 (29 oz.) can sliced peaches, drained
2/3 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup oats
1/3 cup butter or margarine, softened
3/4 tsp. ground cinnamon
3/4 tsp. ground nutmeg

Preparation:

Preheat oven to 375°. Arrange peaches in a greased square pan, 8"x8"x2". Mix the remaining ingredients and sprinkle over the peaches. Bake until topping is golden brown, about 30 minutes. Serve warm. You can serve this á la mode (with ice cream) for an extra special treat. Serves 8.



Egyptian meals, like all Mediterranean cuisine, are served with several basic side dishes. These include olives, lemons, dates, figs, rice, cucumbers, and olive oil. To make your meal authentic, try to include a few of these things. Also remember, in Egypt it is considered good manners to eat with your fingers. You can also use a piece of pita bread for dipping and picking things up.

Chef's Corner

Hummus is a scrumptious dip made from chickpeas and enjoyed throughout the Mediterranean. The secret ingredient to authentic hummus is a sesame paste called tahini. Tahini is available in most grocery stores. If you are unable to locate tahini, substitute 2 Tbs. of toasted sesame seeds. Try this dip with the pita bread below. It's lots of fun to dip the bread and eat it with your fingers!

Skewered Chicken

This menu is inspired by the foods of the region near the Mediterranean Sea.

Ingredients:

1 lb. skinless, boneless chicken breasts
1/2 cup olive oil
2 Tbs. ground cumin
1 Tbs. ground coriander
1 onion, grated
3 cloves garlic, finely minced
1 tsp. cayenne pepper
salt and black pepper to taste
bamboo skewers, soaked in water at least 1 hour

Preparation:

Whenever you finish working with raw chicken, be sure to wash hands, cutting board and knives with hot, soapy water to prevent contamination. Cut the chicken breasts into 2" chunks; set aside. In a bowl, mix olive oil, cumin, coriander, onion, garlic, cayenne pepper, salt and black pepper. Pour this mixture (also called a marinade) into a large bowl. Place the chicken in the marinade; cover and marinate for at least 2 hours (overnight is fine.)

Have an adult preheat or light a charcoal or gas grill. Thread several chunks of chicken on each skewer. With an adult's help, grill the chicken skewers (also called kabobs) for at least 7-8 minutes per side (or until juices run clear.) Serve with hummus, pita bread and rice. Makes 4 kabobs.

Hummus

Ingredients:

1 (14-16 oz.) can chickpeas, drained
2 Tbs. Tahini paste
2 Tbs. fresh lemon juice
1 clove garlic, crushed
salt and ground black pepper
olive oil and paprika to garnish

Preparation:

Put the chickpeas, Tahini paste, lemon juice, garlic, salt and pepper in a food processor or blender and puree into a smooth paste. Put hummus into a small bowl, drizzle with olive oil and sprinkle with paprika to garnish. Makes 1 cup hummus.

Pita Bread

Pita bread is a staple in Egypt and other Mediterranean countries. This traditional recipe makes 10-12 pitas.

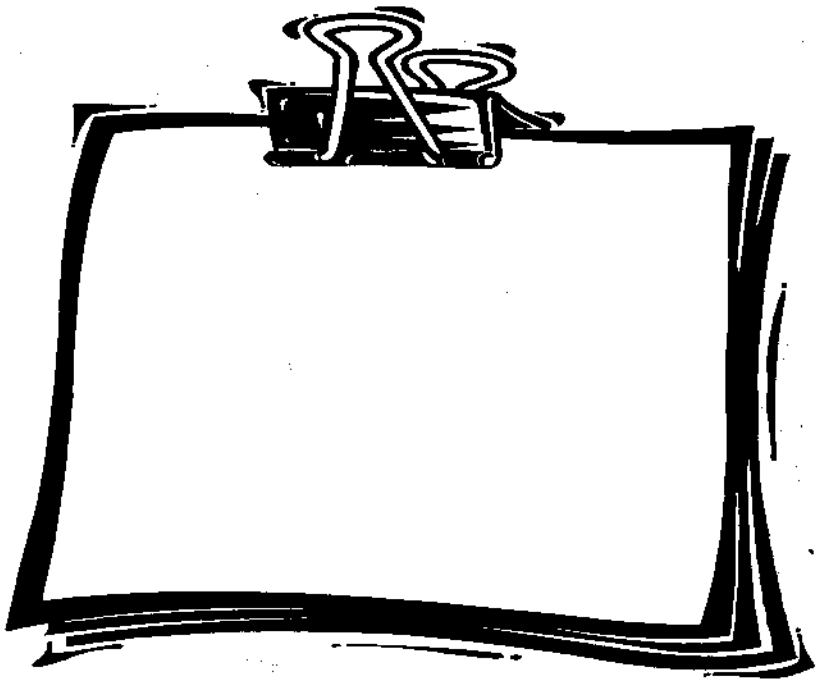
Ingredients:
2 (1/4 oz.) pkgs. active dry yeast
1 tsp. sugar
2 cups warm water
6-7 cups white bread flour
2 tsp. salt
5 Tbs. melted butter or margarine
cornmeal
olive oil

Preparation:
In a small bowl, dissolve yeast and sugar in 1 cup warm water. Cover with a cloth or towel and let stand in warm place for 5 minutes.

Combine 6 cups of the flour and salt in large bowl. Add remaining 1 cup warm water, melted butter and yeast mixture to the flour. Mix with a wooden spoon until sticky dough forms.

Turn the dough out onto a lightly floured surface and knead, adding extra flour if the dough becomes too sticky. Knead 20-30 times. Shape into a ball, place in a well-greased bowl and cover. Let rise until doubled in bulk, about 2 hours.

Move one oven rack to the bottom of the oven and one to the middle. Preheat oven to 500°. Punch dough down and let it rest for 20 minutes. While you wait, dust two or three baking sheets with cornmeal. Divide the dough into 10-12 balls. Roll out each ball into an 8" circle and place on baking sheets, leaving a small space between each. Let rest for 20 minutes. Put first sheet of pitas on the bottom rack of the oven and bake for 3-4 minutes. You will see the pitas expand into bubbles. Now, move the sheet to the middle rack and bake for an additional 3-5 minutes. Remove and repeat with remaining pitas. As the pitas cool, brush them with olive oil. Serve warm.



These recipes will take you back to a more simple time and place in America's history–the late 1800s.

Roasted Potatoes

Ingredients:
2-3 lbs. baking potatoes, cut into 1" chunks
6-8 Tbs. melted butter or olive oil
salt and black pepper to taste

Preparation:
Preheat oven to 425°. Place potatoes in a single layer in a large roasting pan or 13"x9" pan. Drizzle with melted butter or olive oil. Sprinkle with salt and pepper; toss to coat. Bake for 1 hour or until tender, stirring occasionally. Serves 8.

Lima Bean Soup

Ingredients:
1 lb. dry lima beans
2 ham hocks
2 1/2 quarts water
4 celery ribs, chopped
6 carrots, chopped
1 clove garlic, minced
2 Tbs. butter or margarine
2 Tbs. all-purpose flour
2 tsp. salt
1 tsp. pepper
1 cup cold water
1 (14 1/2 oz.) can stewed tomatoes

Preparation:
Put the lima beans into a large soup pot or Dutch oven. Add enough water to cover the beans by at least 2". Bring the water and beans to a boil. Boil for 3 minutes. Remove from heat, cover and let stand for 1 hour.

Drain and discard the liquid. Return beans to soup pot and add the ham hocks and the 2 1/2 quarts of water. Bring to a boil. Reduce heat and simmer for 1 1/2 hours. Remove ham hocks. Add celery and carrots; simmer for 1 additional hour or until beans are soft.

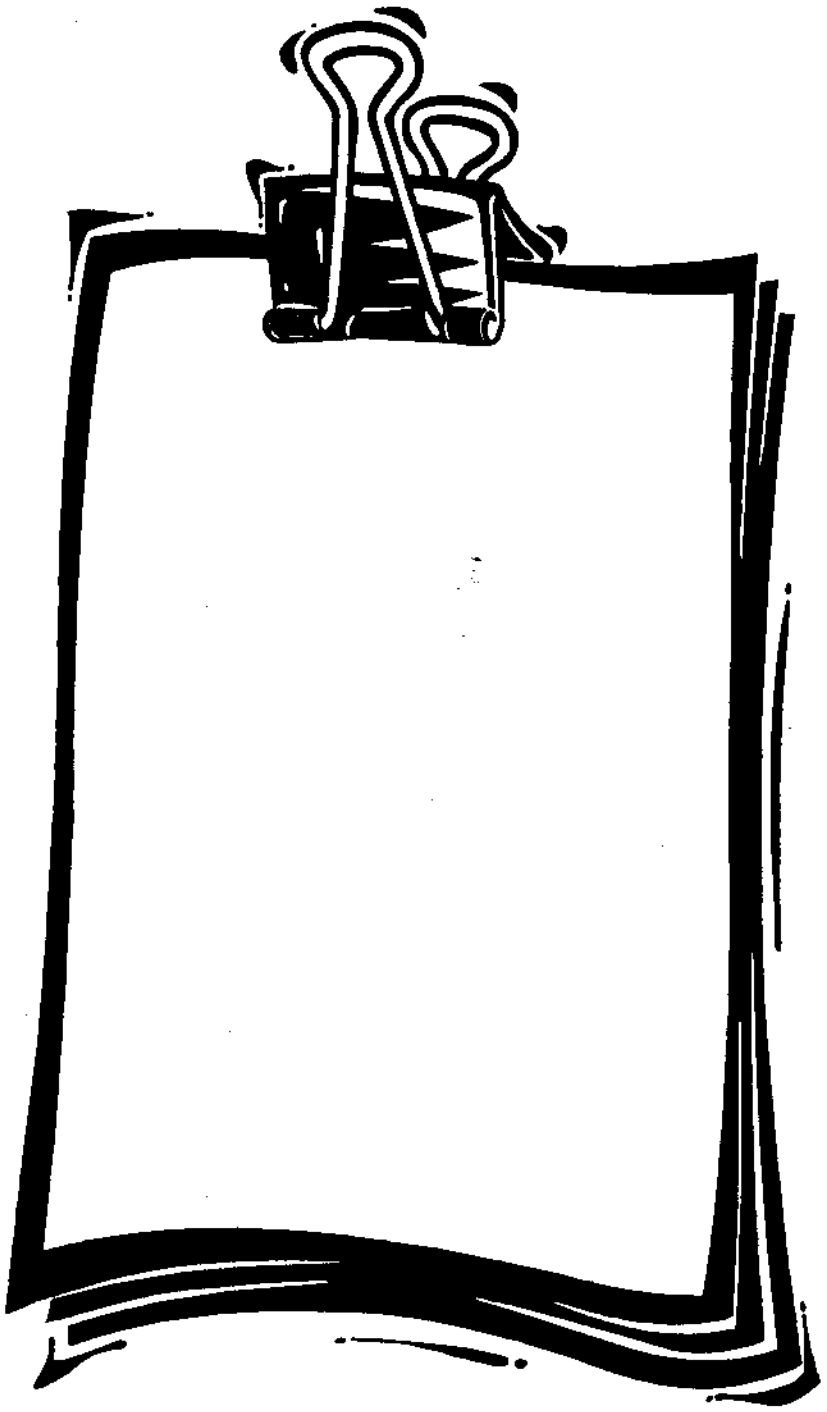
In a small saucepan, sauté garlic in butter for 1 minute. Stir in flour, salt and pepper. Add cold water and bring to a boil. Reduce heat. Cook and stir for 2 minutes or until thickened. Add to the soup with tomatoes. Simmer for an additional 10-15 minutes. Serves 8.

Sugar Cookies

Ingredients:
2 cups brown sugar
2/3 cup shortening
2 well-beaten eggs
1 tsp. vanilla
3 cups flour
1 tsp. baking powder

Preparation:
Cream brown sugar and shortening together until fluffy. Add eggs and vanilla to the sugar mixture and beat for 30 seconds. Sift flour and baking powder together and add to creamed mixture. Shape into mound, wrap in waxed paper and chill at least 3 hours.

Preheat oven to 375°. Roll out dough on a board, dusted with confectioner's sugar, until dough is about 1/2" thick. Dip cutter in confectioners' sugar each time before cutting cookie, then place cookie on lightly-greased baking sheet. Bake for 8 minutes or until delicately browned. Remove and cool. Serve with ice-cold lemonade, if you like. Makes 36 cookies.



Scottish cuisine is robust and filling. The Scottish love a hearty breakfast which inspires the recipes below.

Oatmeal

Find your favorite brand oatmeal and follow the directions on the label. To make the oatmeal more filling and flavorful you can add one or more of the following options: raisins, dried cherries, blueberries, cream or milk, toasted pecans, sliced fruit, butter, brown sugar, cinnamon or nutmeg. (You can find different kinds of oatmeal at health food stores. Some types are not as refined as westerners are used to. Rather, they are heartier. You might enjoy experimenting with some of these as you remember the people of the highlands and the lowlands.)

Potato Farls

Ingredients:

2 cups mashed potatoes
1 cup all-purpose flour
2 Tbs. butter or margarine, melted
salt and pepper to taste
bacon drippings or additional butter

Preparation:

In a medium bowl, mix the mashed potatoes, melted butter and seasonings. Mix in the flour quickly but thoroughly; knead 3-4 times. Divide into 2 portions and roll out each half on a floured board to form a circle about the size of a large dinner plate. Cut in quarters (farls).

Heat a skillet over medium heat, until the bacon drippings or butter is sizzling. Sauté the potato farls in the fat on each side for 3-5 minutes—until they are golden brown. Serves 6-8.

Oatcakes

Ingredients:

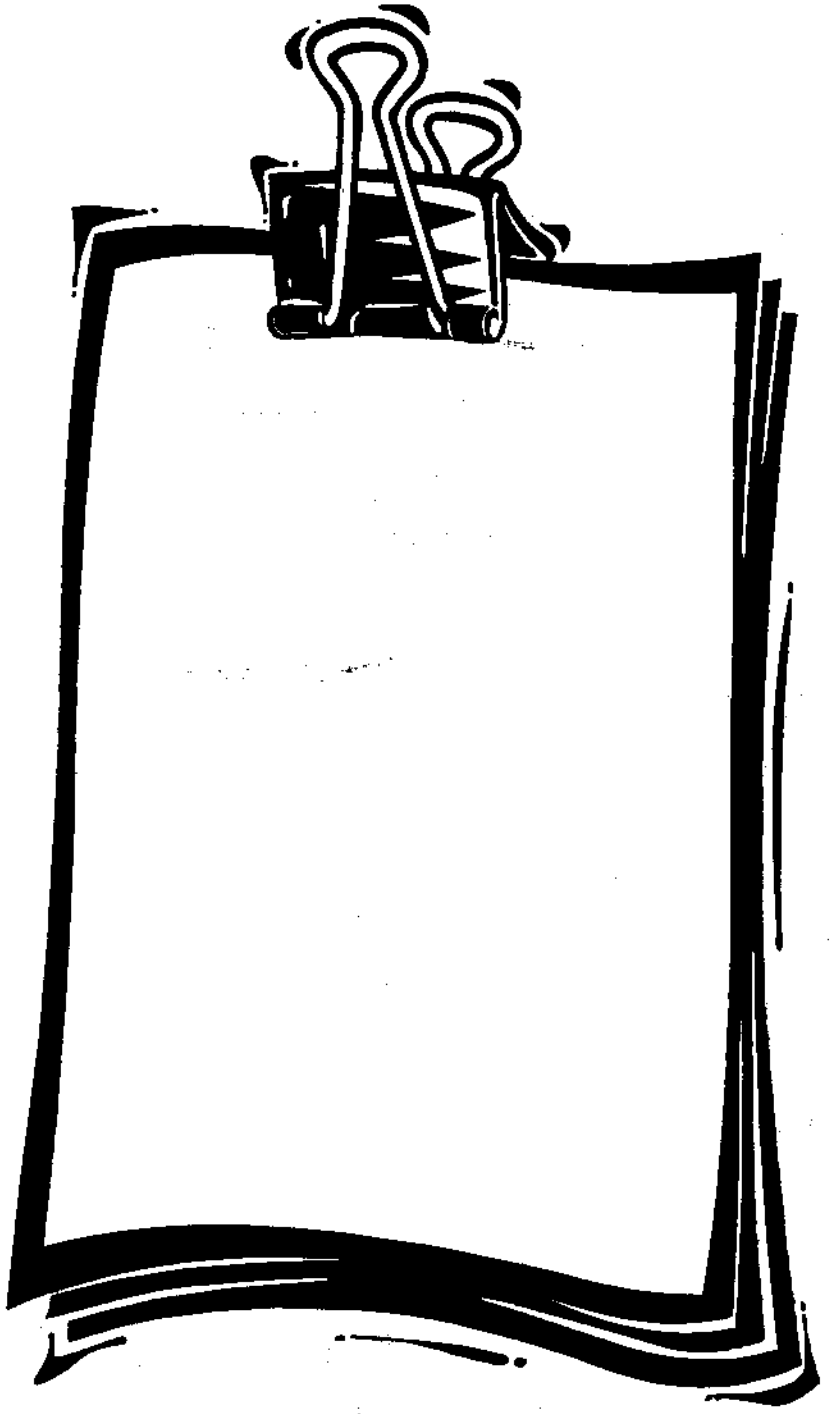
1 cup flour, sifted
1 Tbs. sugar
1 tsp. baking powder
1/2 tsp. salt
1/2 cup butter
1/2 cup milk
2 cups rolled oats

Preparation:

Preheat oven to 375°. Sift together flour, baking powder and salt. Blend in the oats. Cut in the butter. Stir milk in slowly until you have soft dough. Divide into 6 equal rounds, flatten and roll out on a floured board to form a 4" circle. Cut into 4 pieces and place on a greased baking sheet. Bake for 12-15 minutes or until the cakes are lightly brown. Makes 24 oatcakes.

Chef's Corner

In Scotland, a hearty, warm breakfast might include oatmeal, potato farls, oatcakes, eggs and sausage. This type of meal would provide a warm and filling start to a long day of hiking in the hills or herding in lowlands.



Before an outdoor adventure in the snow-filled woods, eating a warm meal would be just the thing.

Chili

Traditional chili is made with beef and red beans. This chili is made with white beans and chicken. It is delicious and warms you to your toes!

Ingredients:
1 Tbs. olive oil
1 lb. boneless, skinless chicken breasts cut in 1 1/2" chunks
1/2 cup onion, diced
1 cup chicken broth
1 (2-4 oz.) can green chilies, chopped
1 (19 oz.) can white kidney beans (Cannellini), undrained
1 Tbs. garlic powder
1 Tbs. cumin
1/2 tsp. oregano
Monterey Jack cheese, shredded
sour cream
chili powder

Preparation:
In a skillet, heat olive oil over medium-high heat. Sauté chicken chunks until brown (approximately 8-10 minutes). Remove chicken. Add onion to pan and sauté 2 minutes. Stir in chilies and spices with broth; simmer for 30 minutes. Stir in browned chicken and beans; simmer an additional 20 minutes. Garnish with Monterey Jack cheese and sour cream. Serves 4.

Corn Muffins

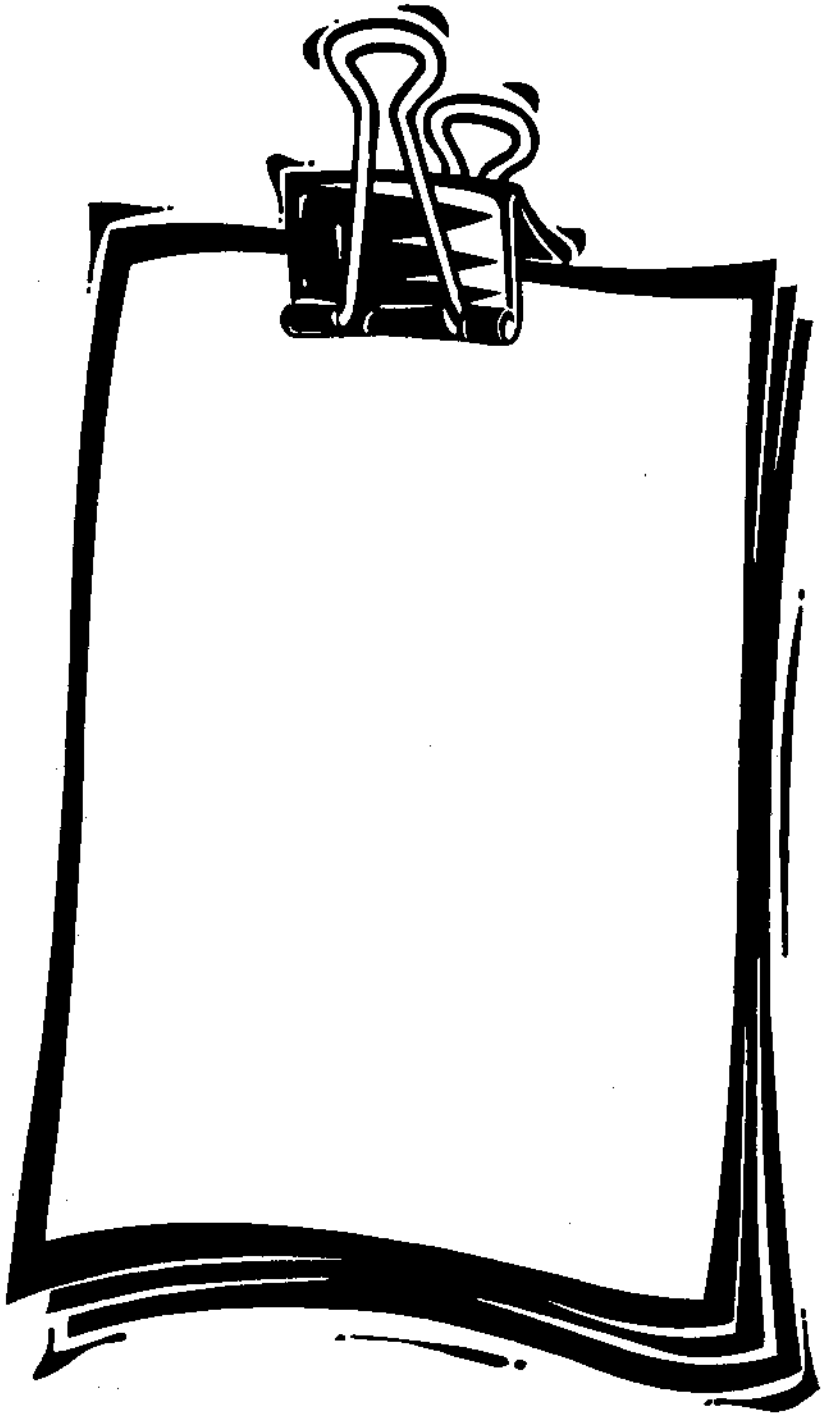
Ingredients:
1 1/2 cups cornmeal
1/2 cup all-purpose flour
1/4 cup shortening, butter or margarine
1 1/2 cups buttermilk
1/2 cup process American cheese, grated
2 tsp. baking powder
1 tsp. sugar
1 tsp. salt
1/2 tsp. baking soda
2 eggs

Preparation:
Preheat oven to 450°. In a large bowl, mix all the ingredients together until just combined. Be careful not to overmix! Grease muffin tins (or use muffin cups). Fill each about 3/4 full. Bake for 15-20 minutes. Serve warm with butter. Makes 12 muffins.

Root Beer Floats

Ingredients:
2 (12 oz.) bottles root beer, well-chilled
1 pint vanilla ice cream
2 glasses or mugs, chilled in freezer at least 1 hour

Preparation:
Fill each glass 1/3 full with root beer. Add 2 scoops of ice cream to each glass. Fill each glass to the top with root beer. Serve with a straw and spoon! Makes 2 floats.



This Christmas menu is very special to the creators and authors of Five in a Row. The Lambert family has enjoyed this cake and casserole on Christmas morning for over 25 years. Every Christmas Eve, Steve and Jane work together browning the sausage and putting together the casserole. Then, before everyone else gets up (usually around 5 a.m.) Jane finishes the casserole and pops it in the oven. The Christmas cake is made on Christmas Eve and is decorated with a simple cream cheese frosting, holly, and tiny silver balls. This menu is an excellent example of tradition and memories. It is special at Christmas, but you can also enjoy it any time of the year!

Becky Jane's Great-Grandmother's Christmas Cake

Ingredients:

2 cups flour
2 cups sugar
4 eggs
3 cups apple, peeled and grated
1/2 cup raisins
1/2 cup pecans, chopped
1 tsp. vanilla
3/4 cup vegetable oil
2 tsp. cinnamon
1/2 tsp. salt
1 tsp. baking powder
2 tsp. baking soda

Preparation:

Preheat the oven to 350°. Do not use an electric mixer for this recipe. In a large bowl, stir together flour, sugar, eggs and grated apple with a wooden spoon. In a second large bowl, combine the remaining ingredients. Thoroughly combine both mixtures. Carefully and liberally grease a bundt pan with butter and then lightly sugar the inside. Pour the cake batter into the greased and sugared bundt pan and bake for approximately 50 minutes, or until a toothpick comes out with only a few crumbs. Let the cake sit for 5 minutes and then carefully invert onto a serving platter. Serves 8-10.

You can garnish this cake with a dusting of confectioners' sugar or a simple cream cheese and confectioners' sugar frosting. This cake can be made up to a day in advance, stored covered and at room temperature.

The Lambert Family Christmas Casserole

Ingredients:

8 slices white bread, cubed
2 cups sharp cheddar cheese, shredded
1 1/2 lbs. link breakfast sausage
6 eggs
2 1/4 cups milk
3/4 tsp. dry mustard
1 can cream of mushroom soup
1/2 cup milk

Preparation:

In a skillet, brown the link sausage. Allow to cool for 15 minutes. Meanwhile, grease a 13"x9" baking dish. Cover the bottom of the dish with the cubed bread. Next, sprinkle with the shredded cheese. Arrange the sausage links over the cheese. In a bowl, mix the eggs, milk and dry mustard carefully, making sure all the mustard is completely incorporated. Pour this mixture over the bread, cheese and sausage. Cover tightly and refrigerate overnight. This step is very important.

In the morning, preheat the oven to 325°. Mix the mushroom soup and milk together. Pour over the chilled casserole; cover with foil and place in the oven. Bake for 1 1/4 hours. Remove foil and cook for 15-20 minutes more or until set. Serve immediately. Serves 8.

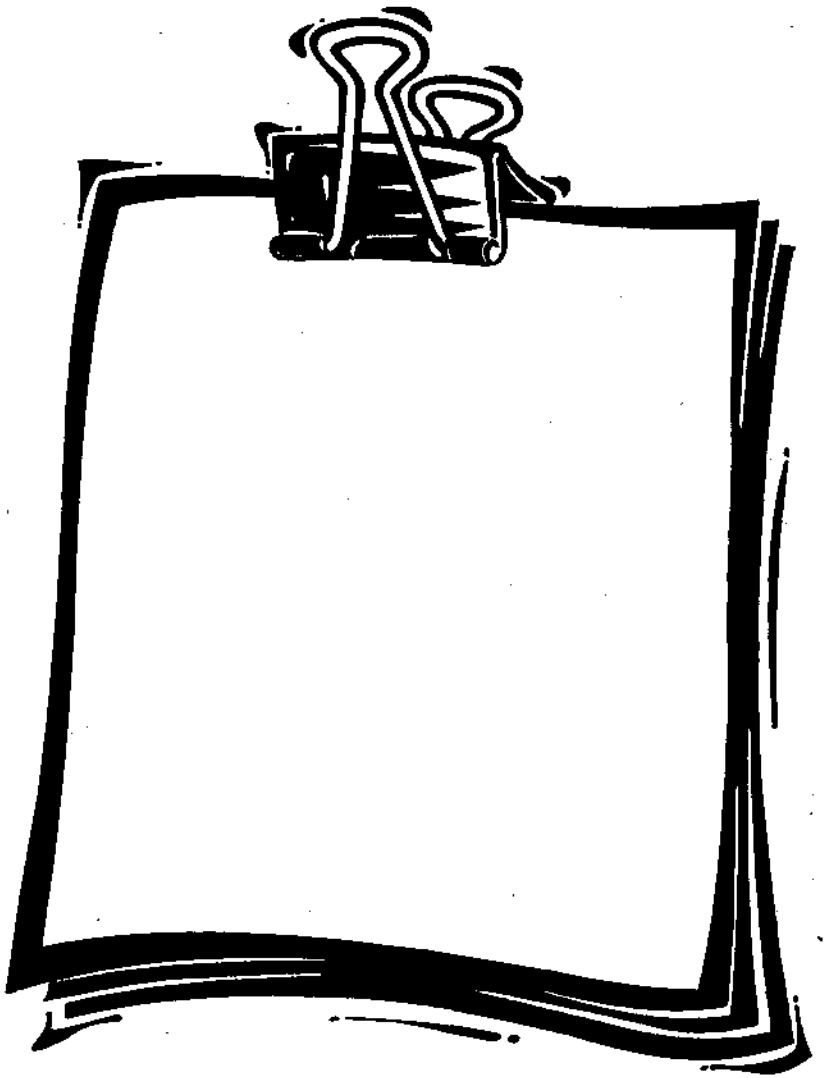
Red Christmas Punch

Ingredients:

1 quart cranberry juice cocktail, chilled
3 oz. (or 1/2 6 oz. can) frozen pink lemonade concentrate, thawed
16 oz. sparkling water or club soda, chilled

Preparation:

Mix all three ingredients together in a large pitcher.
Serve immediately over ice in stemmed glasses.
Serves 8.



Passover is a special meal and time for Jewish people. It reminds them of the night when the Angel of Death passed over the houses of the Jews who had marked their doors. This is why they call the day 'Passover'. It is a celebration and a time for remembering. An important part of Passover is the Seder plate. The Seder plate contains foods that have a special meaning for this holiday. They include charoset, parsley (dipped in salt water), roasted egg, shank bone, and bitter herbs (horseradish). The charoset is a mixture of apples and nuts and symbolizes the mortar the Jewish slaves used to assemble Pharoah's bricks. The parsley symbolizes springtime and the salt water represents the tears of the Jewish slaves. The egg represents spring. The shank bone symbolizes the sacrificial lamb offering. The bitter herbs represent the bitter affliction of slavery.

Kugel

Kugel can be served as a side dish or as a dessert!

Ingredients:
1 (6 oz.) pkg. fettuccine
1-2 cups (6 oz.) shredded Monterey Jack cheese
1 cup raisins
1 (8 oz.) container sour cream
1/3 cup sugar
1 tsp. vanilla
1/2 tsp. ground cinnamon
1/4 tsp. salt
5 beaten eggs

Preparation:
Preheat oven to 325°. In a large saucepan, cook fettuccine according to package directions until it is al dente (just tender). Drain and rinse under cold water. Drain; set aside. In a large bowl, stir together the cheese, raisins, sour cream, sugar, vanilla, cinnamon and salt. Stir in the eggs. Fold in fettuccine.

Turn mixture into a buttered 8"x8"x2" baking dish. Pat noodles down so they're covered with the egg mixture. Bake for 30-35 minutes or until edges begin to brown. Serves 8.

Passover Seder Charoset

Charoset (pronounced ha RO set) is one of the five foods included on the Passover Seder plate. It is traditionally made with Passover wine, but this recipe substitutes apple juice. This is a recipe you will love. It's perfect for a side dish anytime!

Ingredients:
1 1/2 cups shredded apples
1/2 cup chopped pecans
3 Tbs. honey
1/2 tsp. cinnamon
2 Tbs. apple juice

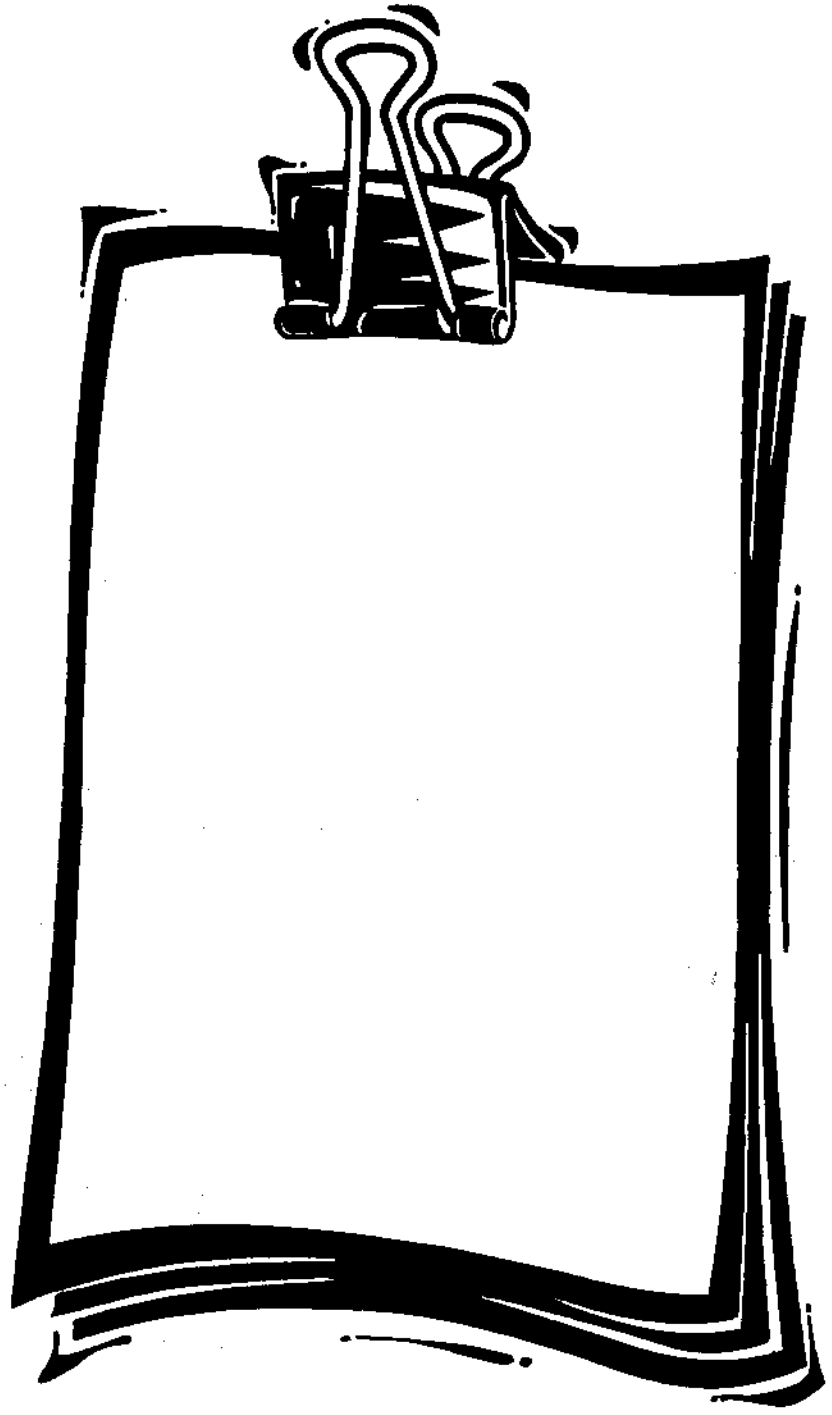
Preparation:
Mix all the ingredients together. Chill. Serves 8.

Potato Latkes

These latkes, also called potato pancakes, are made with matzo in keeping with the Jewish traditions of Passover.

Ingredients:
2 1/2 lbs. (6 medium) white potatoes, peeled and grated
1 cup raw onion, grated
1/2 cup carrots, grated
1/4 cup matzo meal
1 1/2 tsp. salt
1/4 tsp. pepper
4 egg whites
cooking spray

Preparation:
Preheat oven to 375°. Place grated vegetables in a large bowl and add the remaining ingredients. Mix together. Put 1/4 cup of the mixture into muffin tins that have been sprayed with cooking spray. Bake 45 minutes and remove, flipping them onto a cookie sheet. Bake 10 more minutes or until crisp. Makes 12-16 latkes.



Other menus in the Five in a Row Cookbook have focused on main courses of French food (page 22). This time the menu offers suggestions for a delicious French breakfast—a very Parisian way of starting your day!

Omelette

This recipe is for one omelette. Repeat the ingredients and the preparation for each additional omelette. (OK, it is true that omelettes can also make a great lunch or dinner, too!)

Ingredients:
1 tsp. butter
2 eggs
1 Tbs. milk or water
salt and pepper to taste
1/4 cup shredded cheddar cheese
1/4-1/3 cup filling (suggestions follow)

Preparation:
Crack the eggs into a small mixing bowl. Stir gently with a fork until well beaten. Add the milk or water, salt and pepper and set aside. Heat a 6"-8" nonstick pan over high heat until hot (approximately 45 seconds).

Add the butter, making sure it coats the bottom of the pan. As soon as the butter stops bubbling and sizzling (and before it starts to brown), slowly pour in the egg mixture. Tilt the pan to spread the egg mixture evenly. Let eggs firm up a little, and after about 10 seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.

Continue to cook for another minute or so until the egg mixture holds together. While the middle is just slightly runny, add the cheese.

Tilt the pan to one side and use the spatula to fold approximately 1/3 of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan.

Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath. Serve.

A classic omelette is made with cheese, but you can add any fillings you want to. Ham, bacon, onion, mushroom, green pepper, asparagus, even pepperoni! Just add these extras when you add the cheese—but don't add too many or the omelette won't fold over properly. If you want to add vegetables, you will want to sauté them in a little butter before you start the omelette in order to soften them.

Crepes

Ingredients:
1 cup flour
1 Tbs. sugar
1 1/2 cups milk
1 Tbs. butter, melted
1/2 tsp. salt
2 large eggs
1 tsp. vanilla

Preparation:
Sift together the flour, salt and sugar in a bowl. Break eggs into the flour and stir until the eggs and flour are well blended. Add the milk gradually and continue beating with a wire whisk or hand beater until the batter is smooth. Add the vanilla and melted butter. Let stand at room temperature for 1 hour.

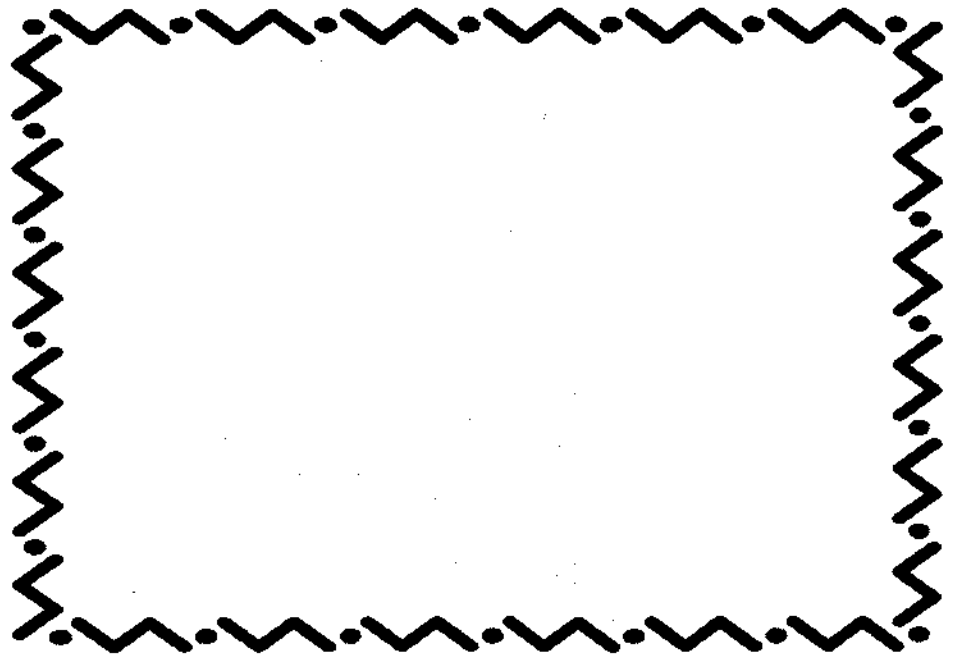
To cook the crepes, heat the frying pan over medium high heat. Brush LIGHTLY with fat and pour enough of the batter to cover the bottom. Tilt the pan back and forth to spread the crepe evenly. When the bottom has browned slightly, flip the crepe over gently using tongs, and let it brown on the other side. When cooked, slip it onto a warm plate and keep warm until ready to serve. Makes 8-10 crepes.

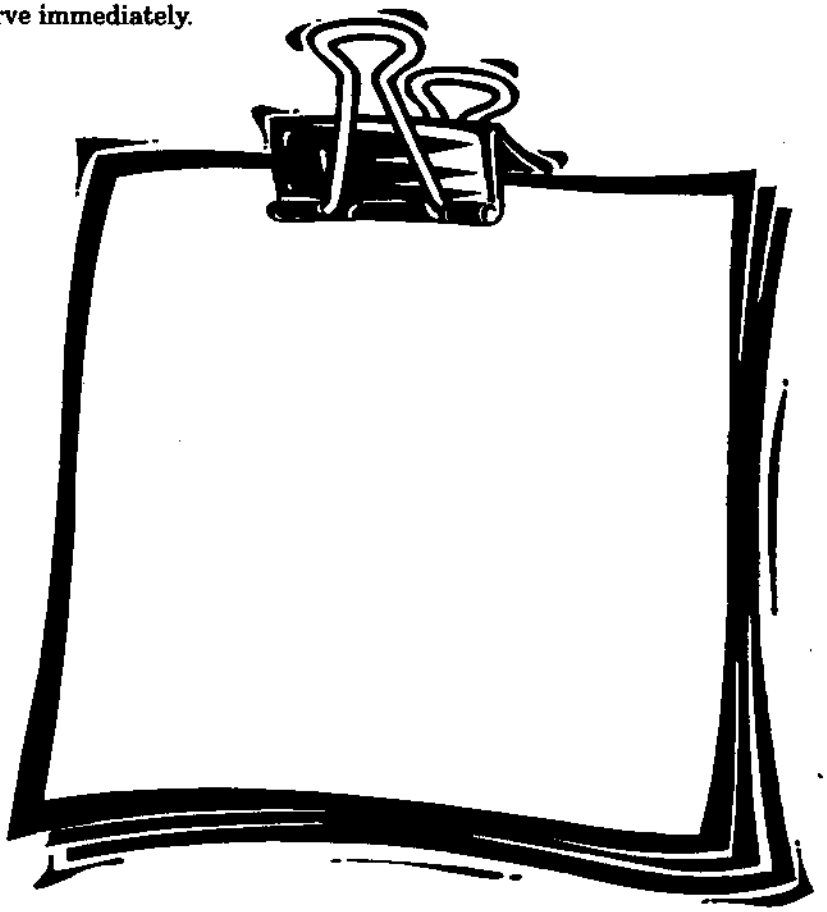
Hot Cocoa

Most people make hot cocoa from packaged versions. This homemade cocoa is for a special breakfast. It is extra delicious! Beating the hot cocoa until foamy before serving produces a lovely froth and actually improves the flavor.

Ingredients:
2 Tbs. Dutch-processed cocoa
2 Tbs. sugar or more to taste
1/4 cup water
1 3/4 cups milk

Preparation:
In a small saucepan, combine the cocoa, sugar, and just enough of the water to make a smooth paste. Add the rest of the water. Whisking constantly, bring the mixture to a simmer and let cook for about 30 seconds to bring out the maximum flavor of the cocoa. Whisk in the milk and heat to the desired serving temperature, without exceeding 175°. (Overheating the milk destroys the flavor and velvety texture of the drink.) Remove the pan from the heat and, using a wire whisk or hand-held electric mixer, beat the cocoa until foamy. If you're using a mixer, you may beat over very low heat to offset the cooling that takes place from beating, but don't let the cocoa exceed 175°. Serve immediately.





Caribbean food is sweet and spicy. If you have never tried Caribbean cuisine before, this menu is your chance.

Jerk Chicken

Jerk is a word used to describe certain Caribbean spices, chiefly peppers, cumin, garlic and lime. When they are combined, they can provide a spicy and sweet taste to chicken, beans and more.

Ingredients:
3 Tbs. water
2 Tbs. lemon juice
2 Tbs. lime juice
1 Tbs. Dijon mustard
1 small jalapeno pepper, seeded and chopped
1 clove garlic, minced
2 cubes chicken bouillon granules
1/2 tsp. ground cumin
1/4 tsp. dried thyme leaves
1 lb. skinless, boneless chicken breast

Preparation:
In shallow dish or plastic bag, combine water, lemon juice, lime juice, Dijon mustard, jalapeno, garlic, bouillon, cumin and thyme. Add chicken, coating well with marinade. Cover dish or seal bag; marinate in refrigerator 4 hours or overnight.

With an adult's help, prepare outdoor grill or preheat the broiler in your oven. Remove chicken from marinade; pour marinade into small saucepan and bring to a boil. Remove. Grill or broil chicken 15-20 minutes, turning occasionally and basting frequently with marinade. Serve hot. Serves 4.

Black Beans

Ingredients:
1 1/2 cups onions, diced
3 cloves garlic, minced
2 Tbs. olive oil
1 Tbs. fresh grated ginger root
1/2 tsp. dried thyme
1/2 tsp. ground allspice
3 (16 oz.) cans black beans
3/4 cup orange juice
salt and black pepper to taste

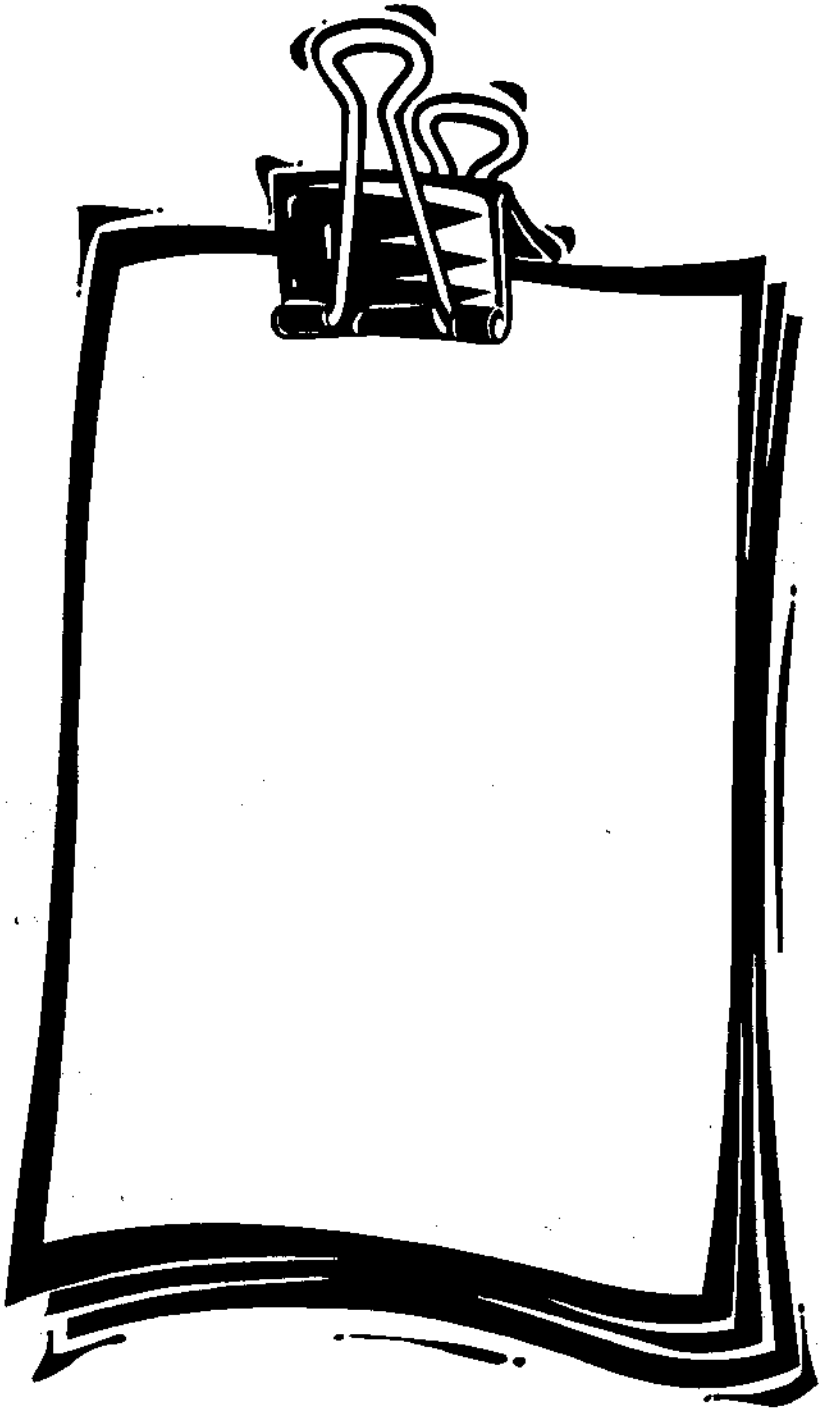
Preparation:
In a large pot over medium heat, sauté the onions and garlic in the olive oil until barely soft. Add the spices and sauté until very soft. Stir in the beans and orange juice and sauté for about 15 minutes, stirring occasionally to prevent burning. Mash a few of the beans with a fork or the back of a spoon. Add salt and pepper to taste. Serves 4.

Jamaican Rice

Ingredients:
2 cups cooked rice (white or brown)
1 (11 oz.) can mandarin oranges, drained and chopped
1 (8 oz.) can crushed pineapple, drained
1/2 cup red bell pepper, diced
1/2 cup chopped almonds, toasted*
1/2 cup coconut, toasted*
1/3 cup green onions, chopped
2 Tbs. apricot jam
1/4 tsp. ground ginger

Preparation:
Combine all ingredients in large skillet over medium-high heat. Stir and cook until ingredients are blended and thoroughly heated.

*To toast almonds, spread on an ungreased cookie sheet and toast at 300° for 2 minutes; toss and then bake for an additional 2 minutes. To toast coconut, spread on an ungreased cookie sheet and toast at 300° for 1 minute. Serves 4.



Here is an interesting assortment of recipes made from the versatile peanut. Humans love peanuts just as much as elephants and monkeys!

Peanut Pasta

Ingredients:
1 (12 oz.) pkg. spaghetti or linguine
3/4 cup soy sauce
1/2 cup peanut butter
3/4 cup low-salt chicken broth
1 Tbs. sesame oil
1 Tbs. honey
2 tsp. minced garlic
2 cups fresh broccoli, chopped fine
1 cup grated carrots

Preparation:
Cook pasta according to package directions. While pasta is cooking, in a microwave-safe bowl stir together soy sauce, peanut butter, chicken broth, sesame oil, honey and garlic. Microwave on high for 2 minutes to melt peanut butter. Stir and reserve.

During the last 2 minutes of pasta cooking time, add the broccoli and carrots. Drain pasta and vegetables quickly in a colander, but do not rinse. Return to pot and toss well with peanut sauce. Serve immediately. Serves 4-6.

Peanut Salad

Ingredients:
4 oz. button mushrooms
1 large carrot
1 cucumber
4 oz. cauliflower
4 oz. broccoli
1 cup corn (canned or frozen)
1 clove garlic
salt and pepper to taste
1 tsp. light soy sauce
1 Tbs. crunchy peanut butter
2 Tbs. sunflower oil
1 Tbs. water
1 Tbs. vinegar
1 Tbs. honey

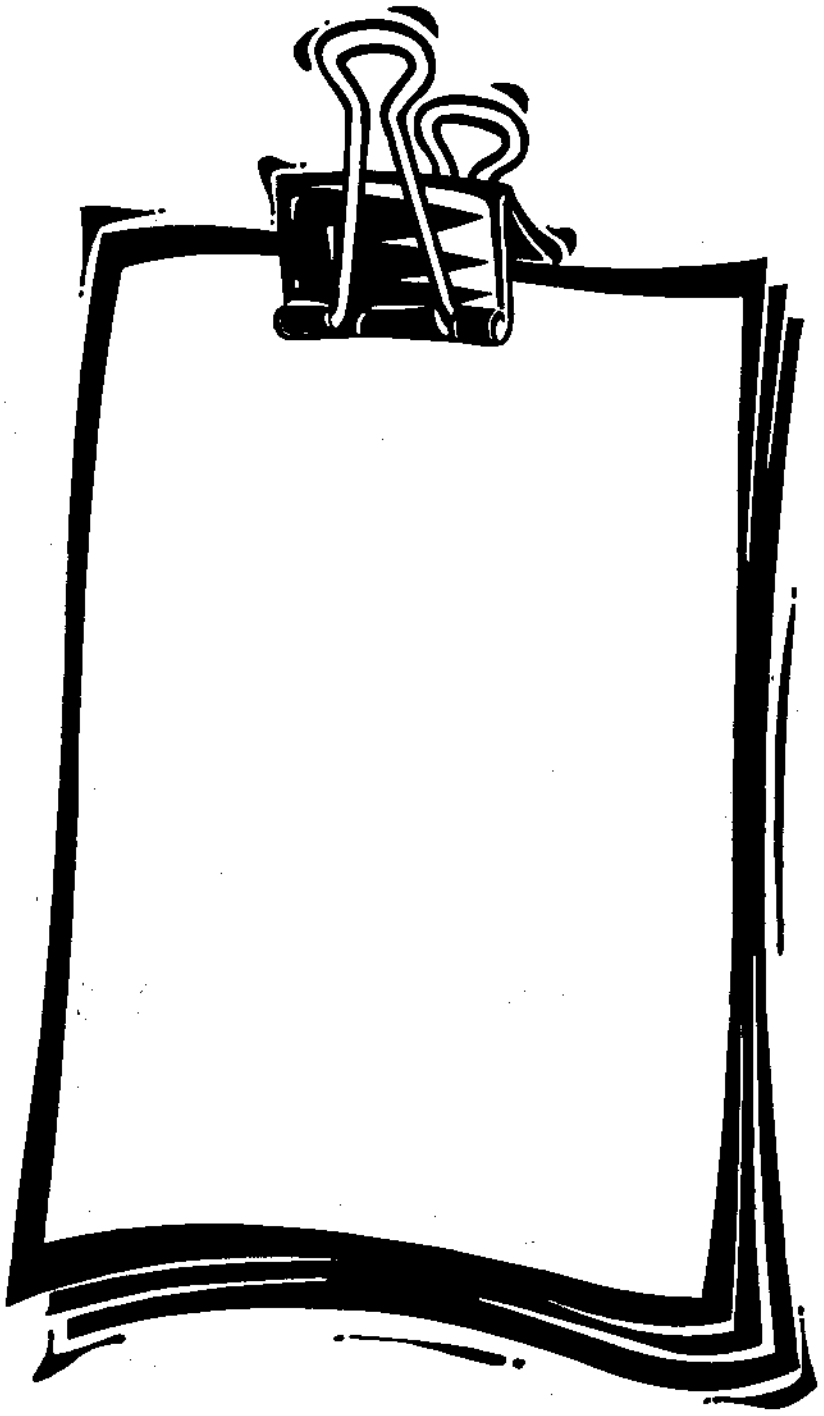
Preparation:
Slice the mushrooms thickly. Slice the cucumber and carrot lengthwise and cut diagonally into strips. Break the cauliflower into florets. Break the broccoli into large pieces. Cook the broccoli and cauliflower in boiling salted water for 3 minutes. Drain and add to cucumber, mushroom and carrots. Add corn to the mixture. Place all the vegetables into a serving bowl.

Mix together the remaining ingredients and spoon over the salad. Serves 4-6.

Peanut Bars

Ingredients:
2 cups confectioners' sugar
2 cups graham cracker crumbs
1 cup peanut butter
10 Tbs. butter or margarine, melted
2 cups semisweet chocolate morsels, melted

Preparation:
Lightly spray a 13"x9" baking pan with nonstick vegetable spray. In a medium bowl, combine confectioners' sugar, cracker crumbs, peanut butter and butter; mix until well blended. Spoon into prepared baking pan, pressing into an even layer. Spread the melted chocolate over the top. Refrigerate 2 hours or until chocolate is firm. With a sharp knife, cut into bars. Store in refrigerator. Serves 8.



The people in Spain enjoy food and cooking. Like many countries in Europe, Spanish cuisine is varied depending upon geography and season. The Spanish enjoy using fresh ingredients. Spain also showcases some of the best seafood in the world. Even Madrid, far from the sea, is home to fantastic seafood restaurants. Spanish cuisine often features many courses in each meal. A meal may include an appetizer (like oysters or shrimp), a starter (like soup or salad), a main course (like veal, chicken or fish), and a dessert (like cheese and fruit, cookies or chilled fruit soups) with coffee. Coffee in Spain, as in Italy, is unlike American coffee. It is called 'espresso' and is served very strong in tiny cups. A little goes a long way!

Chef's Corner

In Spain, paella is traditionally made with a spice called saffron. Saffron is the dried stigmas of a flower (crocus sativus), yellow in color and tremendously aromatic. Because saffron is the small, inner stigmas of the flowers and must be hand picked, it is extremely expensive! Saffron usually costs between $150 and $180 per ounce! Most recipes only require a few threads of saffron, but the price is still tremendous. In this recipe for paella, the spice turmeric is substituted for saffron. Turmeric has a similar flavor, a similar deep yellow color and is very reasonable in price.

Paella

Paella is considered the national dish of Spain. Paella is made in a large skillet on the stove (generally 12" or more in diameter) and traditionally features mussels, clams, shrimp and chicken. The seafood and meat are cooked in a flavorful broth and rice. This is a simple, but authentic version of paella and features only shrimp and chicken. Enjoy!

Ingredients:
2 cups chicken broth
1 lb. chicken breast, cut into bite-sized chunks
3 Tbs. olive oil
1 onion, minced
1 medium tomato, peeled, seeded and chopped
1 cup white rice
8-10 oz. shrimp in the shell
1 cup peas
1 sprig parsley, chopped
6 oz. pepperoni, sliced
2 cloves garlic
2-3 Tbs. pimientos, chopped
1 tsp. turmeric
1 tsp. paprika
salt and pepper

Preparation:
Heat the frying pan and add the oil. Quickly sauté the chicken until golden on all sides and remove to a platter. Add the onions, garlic and tomato; sauté until tender. Add the turmeric, pimientos and paprika; cook slightly. Add rice and sauté briefly to coat well.

Pour on the broth; salt and pepper to taste. Add the chicken, peas and shrimp; stir to mix well. Sprinkle parsley on top. Place sliced pepperoni in a decorative design on top. Cook over medium heat, uncovered, for 15-20 minutes, until rice is done and liquid absorbed. You can move the pan on the burner, but do not stir. Serves 4.

Tapas

In Spanish, the word tapa means 'to cover'. Tapas are Spanish appetizers—small robust-flavored foods you eat with your fingers. Tapas can be eaten before a larger meal or as a snack. In Spain, there are restaurants that serve only tapas. Tapas are often toasted bread slices (Italian bread sliced on an angle) with various toppings. Here is a recipe for a tapa tuna topping.

Tapas—Tuna Ingredients:
1 (6 oz.) can tuna
1 tsp. red onions, finely chopped
1 tsp. carrots, finely chopped
1 tsp. celery, finely chopped
1/2 tsp. oregano
1/2 tsp. rosemary
salt and pepper to taste
1 tsp. minced garlic
1/2 cup grated Parmesan cheese

Preparation:
Preheat the oven to broil. Mix all the ingredients thoroughly in a medium bowl. Spread on toasted bread slices and broil for 30 seconds in the oven. Serve immediately. Makes 8 tapas.

Tapas are a lot of fun to make and eat. Tapas are perfect at a party (maybe before the paella is served) or just as a snack. Here are some more traditional tapa topping ideas:

canned artichoke hearts
olive oil
fresh garlic
Spanish chorizo (Chorizo is a sausage. Pepperoni can be used instead.)
cheeses, such as Brie, manchego, Monterey Jack, or farmer's cheese
roasted red peppers
any meat (ham, chicken, beef) or vegetable (carrot, asparagus, green onion)

Spanish Rice

Ingredients:
1 cup converted rice
2 1/4 cups chicken broth
1/4 cup onions, chopped
1/4 cup tomato sauce
1 tsp. olive oil
1/2 tsp. dried parsley

Preparation:

In large skillet on medium heat, toast the rice in the olive oil until lightly golden (15-20 minutes). This takes time but gives the rice a nutty, traditional flavor. Stir continuously. Add onions and sauté 2 more minutes. Add broth, tomato sauce and parsley. Continue to stir and bring to boil. Then reduce to a simmer and cover. Simmer for 20 minutes. Serves 4.

Chef's Corner

Tapas were invented in Andalusia. Andalusia is a mountainous, southern region of Spain. Tapas include many different food items. Here are some additional ideas for tapas:

salt-cured ham
olives
olives stuffed with anchovy
chopped tomatoes
onions
peppers
prawns
octopus
roasted pepper
fried fish
fresh anchovies
squid
marinated raw fish
mussels
crab
lobster
grilled pork loin
meatballs in almond sauce
sautéed mushrooms
chicken with garlic
lamb stew
olive oil

Many of these items are served on toasted bread or tortillas, while others are served in small baking dishes.

If you're part of a family living in a small house on a mountain you might be enjoying this kind of food. The food doesn't have to be fancy, if it's made with love.

Cornmeal Mush

Ingredients:

1/2 cup cornmeal
2-3/4 cups water
3/4 tsp. salt

Preparation:

In a pot, bring the water to a boil. Sprinkle cornmeal into boiling water, stirring constantly. Add salt and cook for about 30 minutes. Serve with butter, salt and pepper. Cornmeal mush can also be served with sugar and cream as a dessert. Serves 4.

Fried Pork

Ingredients:

1 ham steak (approximately 1 lb.)
1 Tbs. brown sugar

Preparation:

Heat a large skillet over medium-high heat. If necessary, cut the ham steak into smaller pieces. Lay ham in the skillet; sear it on each side for approximately 4-5 minutes. Before serving, sprinkle with brown sugar. Serves 4.

Mashed Turnips

Ingredients:

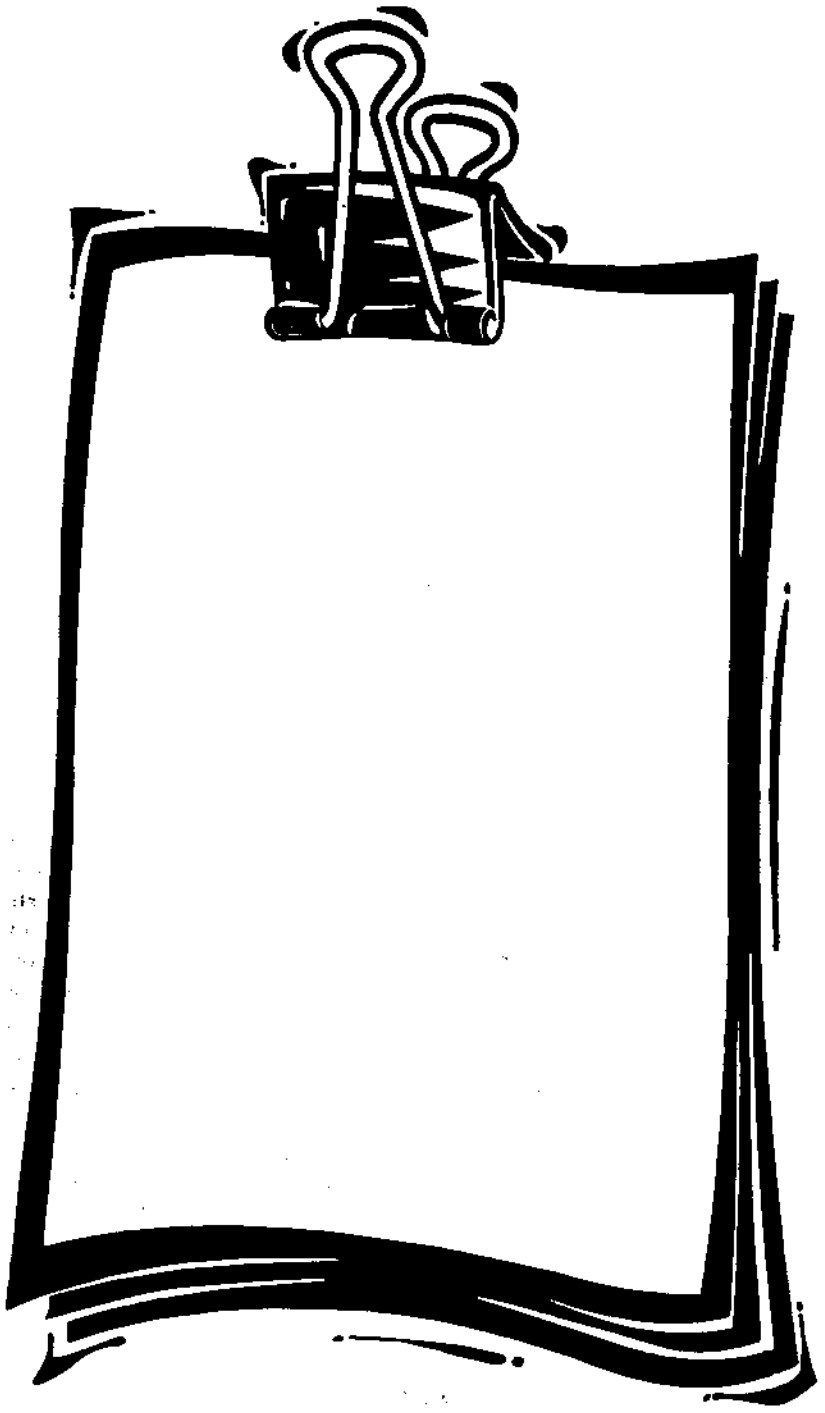
2 lbs. turnips, peeled and cut into 2" chunks
2 Tbs. unsalted butter
1/4 cup sour cream
1/2 tsp. sugar
salt and freshly ground pepper to taste
4 slices bacon, cooked crisp and drained

Preparation:

Preheat oven to 350°. Grease a 9"x9" casserole dish. Place turnips in a pot and add water to cover. Heat to boiling over high heat. Reduce heat and simmer until very tender, 25-30 minutes.

Drain turnips well and place in a mixing bowl. Beat turnips with an electric mixer. Add the butter and sour cream and continue beating until the mixture is fluffy but still retains some texture. Beat in the sugar, then season to taste with salt and pepper.

Transfer mixture to the prepared dish. Chop the bacon into small pieces and sprinkle over the top of the casserole. Bake the casserole until heated through, about 20 minutes. Serve hot. Serves 4-6.



These recipes are all famous selections unique to Boston cuisine. Enjoy them with your family!

Boston Baked Beans

Ingredients:
1 lb. dried navy beans
5 cups water
4 oz. salt pork (or thick bacon)
1 onion, peeled and left whole
1 tsp. dry mustard
1/3 cup molasses
salt and pepper

Preparation:
Soak the beans overnight in water. Transfer to fresh water and cover. Bring to a boil and cook for about 10 minutes. Drain and reserve the liquid. Place the beans, salt pork or bacon and whole onion in a large, deep casserole or bean pot. Mix the molasses, mustard, salt and pepper with 1 cup of the reserved bean liquid. Stir into the beans and add enough bean liquid to cover. Cover the casserole. Bake in a pre-heated 300° oven for about 2 hours. Add the remaining liquid, stirring well, and bake 1 1/2 hours more or until the beans are tender. Uncover the beans for the last 30 minutes. To serve, remove and discard the onion. Take out the salt pork or bacon and remove the rind. Slice or dice the meat and return to the beans. Check the seasonings (add salt or pepper, if needed). Serves 4.

Boston Brown Bread

This bread originated in Boston and is the classic accompaniment to Boston baked beans. This bread is steamed, not baked. It is moist, delicious and the ducks at the Public Gardens love the crumbs!

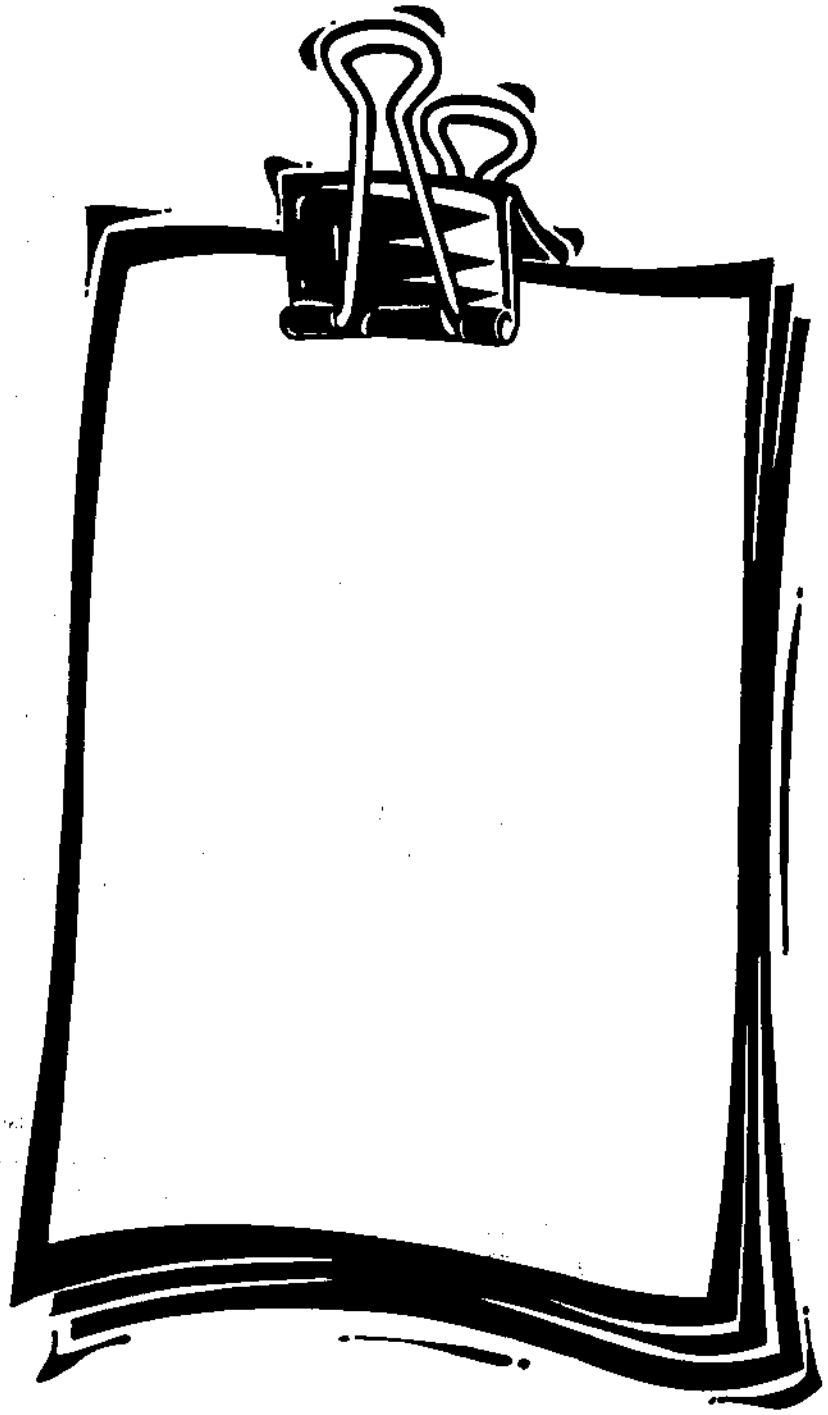
Ingredients:
1 1/2 cups fine cornmeal
2 cups whole wheat flour
1 cup all-purpose flour
pinch of salt
1/2 cup molasses mixed with 1 tsp. baking soda
1 1/2 cups cold water
butter or oil
boiling water

Preparation:
Sift the dry ingredients into a large bowl. Mix the molasses, baking soda and water. Make a well in the center of the flour and pour in the molasses mixture. Mix just until well blended. Use a large coffee can, or six small soup cans. Wash them well and remove the labels. Grease generously with oil or butter. Spoon the bread mixture to come about 2/3 of the way up the sides of the cans. Cover them tightly with buttered or oiled foil wrap. Place them on a rack in a deep saucepan. Pour enough boiling water around the cans to come about halfway up the sides. Cover. Allow water to bubble gently to steam the bread for 3-4 hours in the covered pan. Add more boiling water as necessary during cooking. The bread is ready when a skewer inserted into the center of the bread comes out clean. Remove from can and slice into round slices. Serve warm with butter.

Chef's Corner

Boston baked beans were the first 'fast food' in America. These beans were made and then frozen till they were needed. Bostonians would often take these previously frozen beans on long journeys. When the travelers were ready to eat, they would simply reheat and eat en route.

– Be sure to see the other recipe for this section on page 70. –



Another famous Boston recipe well known and loved by many. It could become a special family favorite!

Boston Cream Pie

Boston Cream Pie is really a cake with filling. It is scrumptious and as you make it you will learn the techniques of making a cake, custard and a glaze!

Cake Ingredients:
1/4 cup butter, softened
1 cup sugar
3 eggs
2/3 cup milk
1 tsp. vanilla
1 3/4 cup all-purpose flour
2 tsp. baking powder

Custard Ingredients:
2/3 cup sugar
1/3 cup cornstarch
1/4 tsp. salt
2 1/2 cups milk
4 egg yolks, lightly beaten
1 Tbs. vanilla

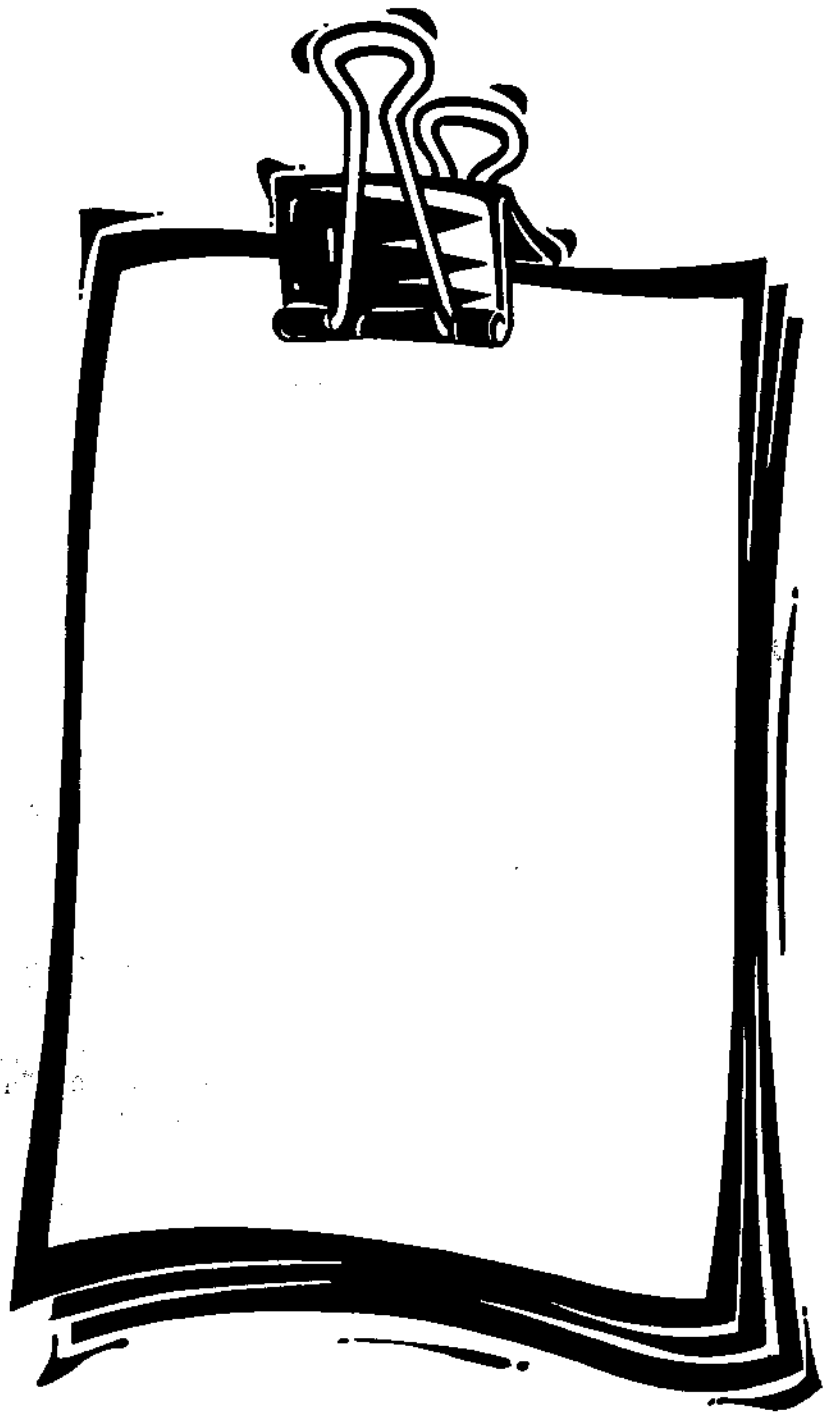
Glaze Ingredients:
3 oz. milk chocolate
1 Tbs. butter
1/3 cup confectioners' sugar
1/4 cup milk

Prepare the cake:
Preheat oven to 350°. Grease and flour two 9" round cake pans. In large bowl with electric mixer at medium speed, beat 1/4 cup butter, 1 cup sugar, eggs, 2/3 cup milk, 1 tsp. vanilla, flour and baking powder about 4 minutes until thoroughlyblended and smooth. Spoon batter into prepared pans; bake 30 minutes until wooden pick inserted in center of each layer comes out clean. Remove layers to wire racks to cool completely.

Prepare the custard:
In a 2-quart saucepan, stir 2/3 cup sugar, cornstarch and salt until thoroughly mixed; slowly stir in 2 1/2 cups milk until smooth. Bring to boil over medium heat, stirring constantly; cook 1 minute until mixture boils rapidly and
thickens. Remove from heat; very slowly pour lightly beaten egg yolks into hot mixture, stirring rapidly and constantly to blend and keep smooth. Return mixture to low heat; cook 1 minute longer. Do not allow to boil. Remove from heat; stir in 1 Tbs. vanilla. Cool completely, stirring frequently.

Prepare the chocolate glaze:
In small heavy saucepan over very low heat, melt chocolate and 1 Tbs. butter, stirring frequently until blended and smooth. Remove from heat; stir in confectioners' sugar and 1/4 cup milk until blended and smooth. Keep warm, covered.

Assemble the cake:
With an adult's help, using a sharp serrated knife, carefully cut cooled layers in half horizontally. Place one layer, cut side up, on serving platter; spread with 1/3 cooled custard. Repeat with remaining cake layers and custard, ending with cake layer, cut side down. Spoon warm glaze over top of cake, letting mixture drip down sides. Serves 8.



Reminiscent of spring in the English countryside, these recipes are comforting to all who have loved spring gardens, both floral and vegetable, and who have so many English influences in their heritage.

Vegetable Soup

Ingredients:
1 large potato, peeled and diced
2 cups chopped onion
2 cups chopped cabbage
1 large stalk celery, minced
1 large carrot, diced
6 cups chicken stock
1 1/2 cups tomato juice
2 tsp. salt
2 bay leaves
1 (10 1/2 oz.) can crushed tomatoes
3 cloves garlic, minced
1 tsp. thyme
1 tsp. basil
salt and pepper

Preparation:
Combine potato, onion, cabbage, celery, carrot, chicken stock, tomato juice, salt and bay leaves in a large soup pot. Cover and bring to a boil. Lower the heat and simmer, covered, for about 20 minutes.

Add the tomatoes and simmer another 20 minutes. Add garlic, thyme and basil and simmer 15 minutes more. Season to taste with salt and pepper. Remove bay leaves. Serves 4.

Currant Buns

Ingredients:
3 1/2 tsp. yeast
1/2 cup sugar
6 cups flour
1 tsp. salt
1 1/2 cups currants or raisins
3 eggs
1/2 cup butter, melted
3 cups milk (maybe a little more)

Preparation:
Mix dry ingredients in a large bowl. Beat eggs, butter and milk, blend well. Form a well in flour mixture and pour in liquid ingredients. Mix well and turn out onto floured table and knead about 10 minutes, adding a little flour if dough becomes sticky.

Return dough to a greased bowl and let rise about 1 hour or until double in bulk. Remove dough from bowl and cut into 4 portions. Roll pieces about 1/2" thick; use 3" cookie cutter to cut out dough. Place cut-out pieces on baking sheets and let rise 1 hour or until double in bulk. Bake in a preheated 350° oven for 15-20 minutes or until lightly browned. Makes 12 buns.

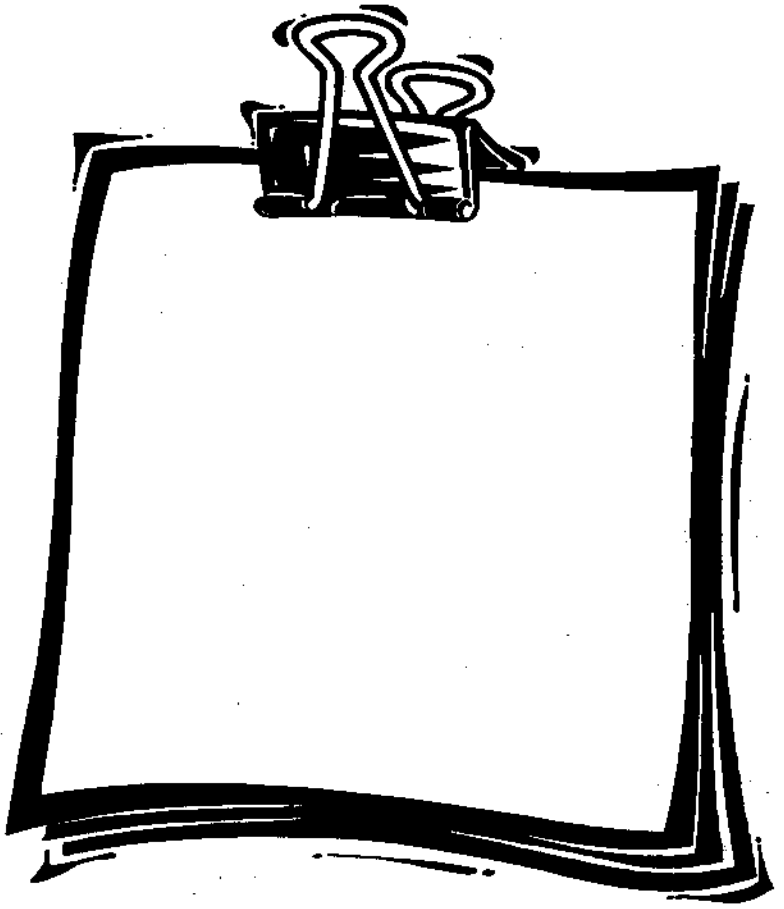
Blackberry Bread Pudding

Ingredients:
2 cups milk
1/4 cup margarine or butter
2 eggs, slightly beaten
1/2 cup sugar
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1 cup fresh blackberries (or 1 (10 oz.) box frozen blackberries)
6 cups bread cubes (sweet bread like Hawaiian, Brioche, Challa or egg bread)

Preparation:
Preheat oven to 350°. Heat milk and margarine over medium heat until margarine is melted and milk is scalded. Remove from the heat. (You know milk is scalded when you see small bubbles around the edge of the pan.)

Mix eggs, sugar, cinnamon, nutmeg and salt in a 4-quart bowl. Stir in bread cubes and blackberries. Stir in milk mixture; pour into ungreased 1 1/2-quart casserole. Place casserole in pan of very hot water (1 inch deep).

Bake uncovered until knife inserted 1" from edge of casserole comes out clean. This will take 40-45 minutes. Serve warm. You can top with whipped cream, if desired. Serve with some warm Chamomile tea, if you like. Serves 4-6.



This menu is traditional English fare. It is perfect for a group of hungry friends after a day of high adventure.

Chef's Corner

There is a pervading thought that British cuisine is unflavorful and not very appetizing. This is not true. British cuisine concentrates on meat, dairy and bread products. The British love beef, sausages, potatoes, bread puddings, Yorkshire puddings, desserts made with treacle (molasses) and anything with cream. British food is heavy and filling, but also delicious. Here is more information on the two authentic British dishes used in this menu.

Cornish pasties originated as portable lunches for miners and farmers to take to work. Housewives used to make one for each member of the household and mark their initials on one end of the pasty. These complete-meal pasties were very popular. In Bedfordshire, England they put fruit in one end of the pasty, so the workers had both a meal and a dessert in one pie.

Apple Charlotte is a simple but elegant dessert. There is much doubt surrounding the origin of the name 'Charlotte'. Some say that this sweet dish took its name from Queen Charlotte, wife of George III.

Cornish Pasties *(pronounce with a short 'a' sound)*

Pastry Ingredients:
2 cups all-purpose flour
1 tsp. salt
1/2 tsp. dried basil
1/2 tsp. dried thyme
1/2 cup shortening
1/4 cup butter
5-6 Tbs. ice water

Filling Ingredients:
1 lb. boneless beef chuck, cut into 1/2" cubes
2 Tbs. cooking oil, divided
1 tsp. salt
1/8 tsp. pepper
2 Tbs. all-purpose flour
1 cup water
2 medium potatoes, peeled and diced
1/2 cup diced carrot
1/2 cup diced onion
1 egg, lightly beaten

Preparation:
In a bowl, combine flour, salt, basil and thyme; cut in shortening and butter until crumbly. Add ice water, 1 Tbs. at a time, tossing lightly with a fork until mixture forms a ball. Cover and chill for at least 30 minutes.

Meanwhile, brown beef in a skillet in 1 Tbs. of oil. Sprinkle with salt and pepper. Remove with a slotted spoon and set aside. Add remaining oil to skillet; gradually stir in flour until smooth. Cook over medium heat until lightly browned. Gradually add water; stir until smooth. Return beef to skillet. Reduce heat and simmer for about 20 minutes. Add potatoes, carrots and onion. Cover and simmer for additional 25 minutes or until tender. Remove from heat; cool.

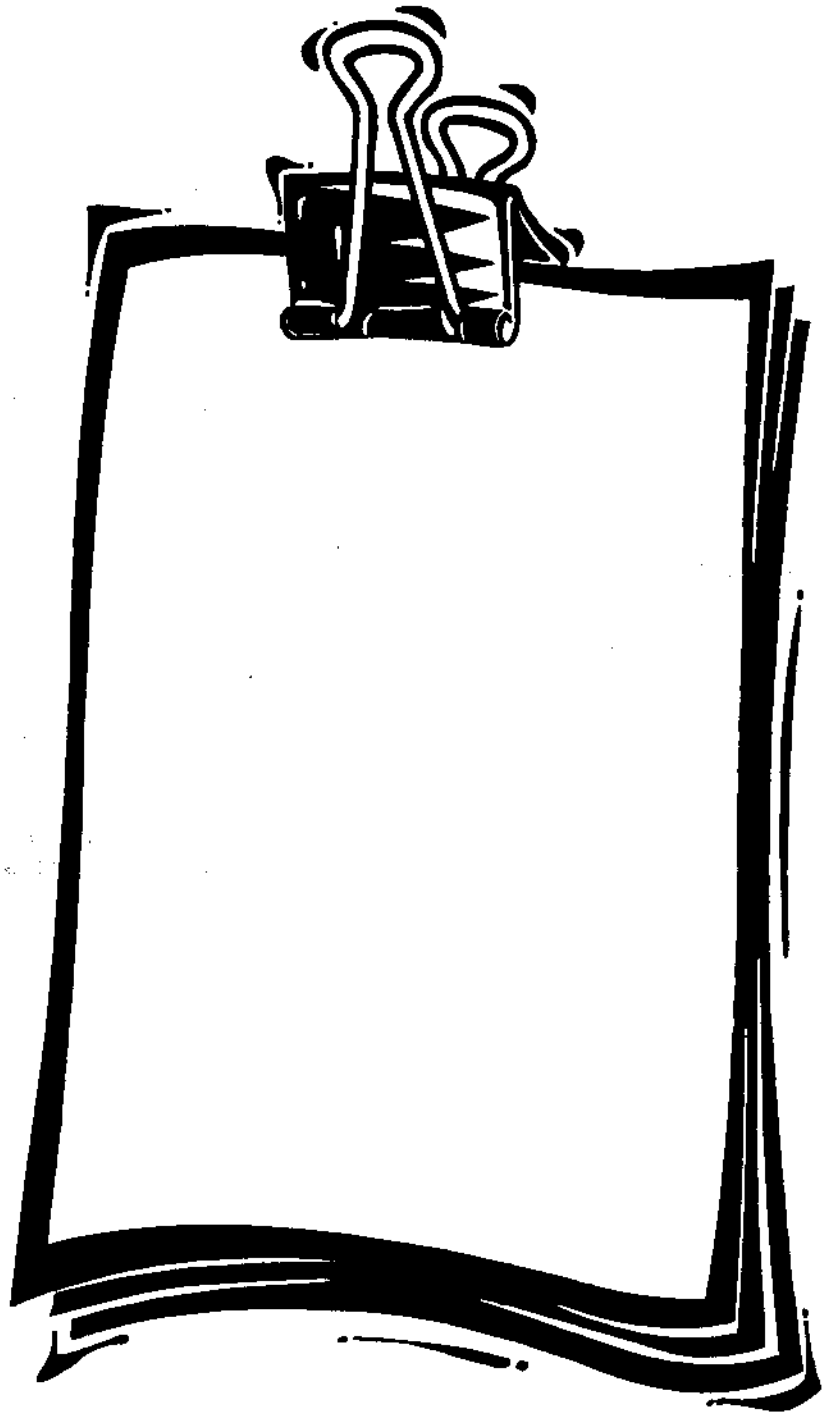
Preheat oven to 400°. Divide pastry into 4 equal portions. On a lightly floured surface, roll out 1 portion into a 9" circle. Mound 3/4 cup of the filling on 1/2 of the circle. Moisten edges with water; fold dough over filling and press edges with a fork to seal. Place on an ungreased baking sheet. Repeat with remaining pastry and filling. Cut slits in top of each. Using a sharp knife, you can cut your initials in one end of the pasty; brush with egg. Bake for 25-30 minutes or until golden brown. Makes 4 pasties.

Apple Charlotte

Ingredients:
2 lb. cooking apples (Granny Smith), peeled, cored and sliced
1 tsp. ground cinnamon
juice and zest of 1 lemon
3 Tbs. brown sugar
3 oz. butter or margarine, melted
8 thin slices of bread, crusts removed

Preparation:
Preheat oven to 375°. Put the apples, cinnamon, lemon juice and zest and sugar in a saucepan. Cover and simmer over medium heat until pulpy (about 30 minutes), stirring occasionally. Beat thoroughly with a wooden spoon; cook uncovered over high heat, stirring continuously, until any excess liquid has evaporated and the purée is very thick.

Brush the butter all over the slices of bread. Line the base and sides of a greased 10" cake pan with the slices of bread, being sure that they overlap. Spoon the apple purée onto the bread; cover with more overlapping slices of bread. Bake for about 30 minutes, until the top is golden brown. Serve at once, turned out and accompanied with custard or fresh cream. Serves 4-6.



Chesapeake Bay is located along the northeast coast of Virginia. The ocean and coastline are beautiful and the food there is delicious. Here is just a sampling of the delicacies Chesapeake Bay has to offer.

Clam Chowder

Ingredients:

3 slices bacon, chopped small
3 (6 1/2 oz.) cans minced clams
2 cups peeled and diced potatoes (dice small)
1 medium onion, chopped
1/4 cup flour
2 cups milk
3/4 cup light cream
salt to taste (1/2 tsp.)
1/8 tsp. pepper

Preparation:

In a skillet, fry bacon until crisp; remove bacon and set aside. Drain clam liquid into bacon drippings. (Set clams aside for now.) Stir in onions and potatoes; reduce heat to medium. Cover and cook until vegetables are tender. Blend in flour until smooth. Stir in milk. Stir in clams, bacon, cream and salt and pepper. Reduce heat to low, cover and continue to simmer until chowder thickens, stirring occasionally (10-15 minutes). Serve with crushed saltine crackers on top. Serves 4-6.

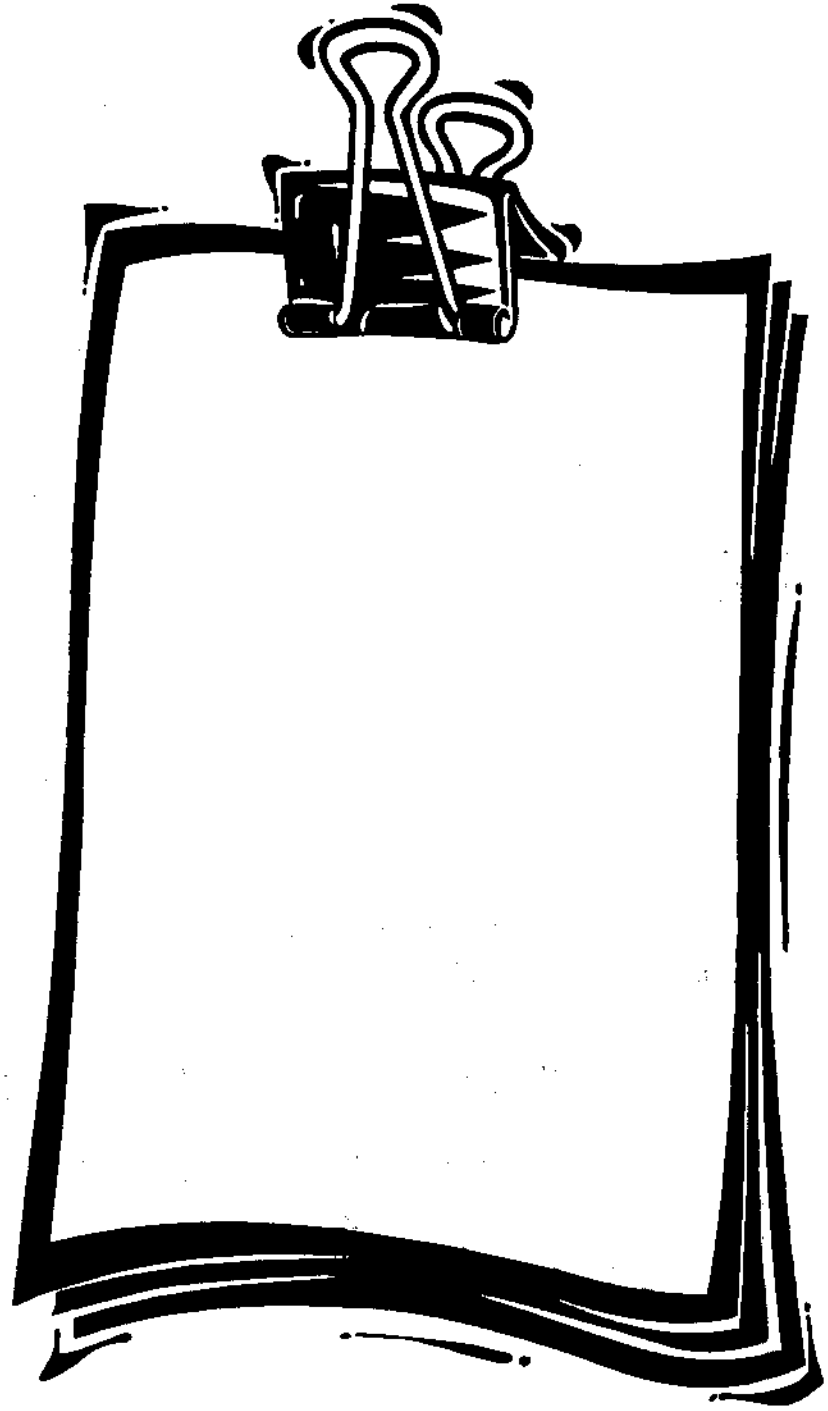
Crab Cakes

Ingredients:

1 lb. crab meat
1 cup seasoned breadcrumbs
1 large egg
1/4 cup mayonnaise
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
1 tsp. dry mustard
margarine, butter or oil for frying

Preparation:

In a bowl, mix breadcrumbs, eggs, mayonnaise and seasonings. Add crab meat and mix gently but thoroughly. If mixture is too dry, add a little more mayonnaise. Shape into 6 cakes. Cook cakes in a frying pan, in just enough fat to prevent sticking, until they are browned (about 5 minutes on each side). Makes 6 crab cakes.



Here are some recipes reminiscent of the islands. Decorate the table with some beautiful shells and enjoy!

Coconut Chicken

Ingredients:
4 (8 oz.) skinless, boneless chicken breasts
3 Tbs. vegetable oil
1 onion, finely chopped
3 cloves garlic, crushed
1 (2") piece of gingerroot, grated
1 tsp. ground cumin
1 tsp. ground turmeric
1 Tbs. white wine vinegar
salt and pepper to taste
1 1/4 cups coconut milk
shredded coconut as a garnish

Preparation:
Rinse chicken; pat dry with paper towels. Heat the oil in a large skillet; cook chicken over high heat 8-10 minutes, turning often. When browned all over, remove from pan.

Add onion to pan and cook over medium heat 8 minutes, stirring constantly until soft and golden. Stir in garlic, gingerroot, cumin, and turmeric; cook 2 minutes. Stir in vinegar. Return chicken to pan and turn pieces to coat them in spice mixture. Stir in coconut milk and bring to a boil. Cover and cook over low heat about 30 minutes or until chicken is tender and sauce has thickened. Season with salt and pepper. Garnish with additional shredded coconut. Serves 4.

Coconut Salad

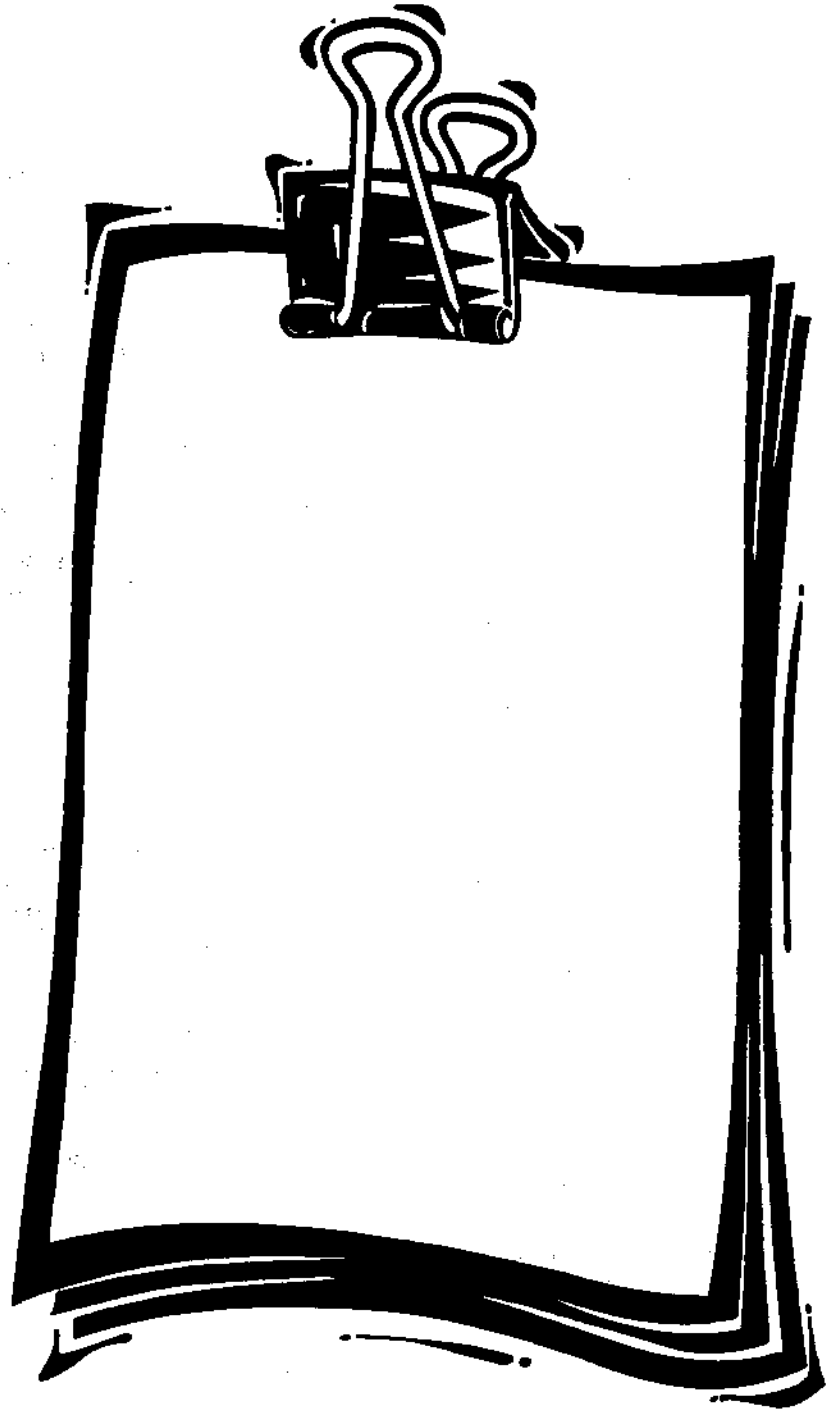
Ingredients:
1 can sliced pineapples
4 oranges
2 bananas
2 kiwis
2/3 cup sugar
1 cup white grape juice
juice of two lemons
1/2 cup coconut

Preparation:
Drain the pineapples. Peel the oranges and cut them in quarters. Peel the bananas and the kiwis and slice them. Place all the fruit in a bowl; sprinkle with sugar, lemon juice and white grape juice. Chill for at least 2 hours in the refrigerator. Before serving, sprinkle with coconut. Serves 4.

Coconut Cream Pie

Ingredients:
3 egg yolks
dash of salt
3/4 cup sugar
3 cups milk
2 Tbs. butter
1/2 cup cornstarch
1 cup coconut
1 baked 9" pie shell (frozen, refrigerated or homemade)
1/2 tsp. vanilla extract
1 cup heavy cream
coconut for garnish

Preparation:
In the top of a double boiler over simmering water beat the egg yolks and salt. Add the sugar, milk and butter. As soon as the bottom pot boils, mix the cornstarch with a small amount of water. Add it to the egg yolk mixture a little at a time. Cook until thick, stirring constantly with a wire whisk. Add the coconut and vanilla. Pour the filling into the baked pie shell;chill. Whip the heavy cream until soft peaks form. Spread over the coconut pudding. Sprinkle coconut on top. Chill for at least 1 hour.



From the Italian area of New York City, here are some delicious dishes that will give you strength for sight-seeing.

Chef's Corner

Perhaps no other city is as diverse and multi-cultural as New York City. During the 1650s, only around 1,000 people lived in the Dutch colony of New Amsterdam (New York City). How many languages did those 1,000 people speak? Nearly 18! New York City has been a harbor for immigrants and their families for nearly 400 years. Because of this, New York City features some of the best Chinese, Thai, Indian, French, Jewish, Polish and Irish cuisine anywhere in the world. And, for many people, the Italian food found in New York City rivals that of Italy. For this reason, an authentic and delicious Italian meal was chosen for this story. Prepare it, enjoy it with your family and think about the sights around New York City.

Baked Lasagna

Ingredients:
1 lb. lasagna noodles, cooked
2 (16 oz.) jars meatless spaghetti sauce
2 cups large-curd cottage cheese
1/2 cup grated Parmesan cheese
1 lb. mozzarella cheese, sliced thin
3/4 cup chopped onion
2 cloves garlic, chopped or minced
2 tsp. salt
2 eggs, beaten
2 lbs. ground beef
1 tsp. Italian seasoning

Preparation:
Cook lasagna noodles according to package directions or until tender but still firm. Drain. Keep warm.

Meanwhile, sauté ground beef, garlic and onion in a large heavy skillet or saucepan until beef is done. Add spaghetti sauce, salt and Italian seasoning; mix well. Simmer on low heat 12-15 minutes. In a separate bowl, combine eggs and cottage cheese.

Grease a 9"x12" (or larger) baking pan. Arrange in layers the lasagna noodles, meat sauce, cottage cheese mixture and mozzarella cheese. Add a second layer of lasagna noodles and other ingredients. Repeat until pan is full, ending with a top layer of the sauce. Sprinkle with Parmesan cheese and bake at 350° for 40-50 minutes. Serves 6-8.

Focaccia Bread

Ingredients:
1 1/2 cups bread flour
1 1/2 cups unbleached all-purpose flour
2 tsp. salt
1 Tbs. white sugar
1 (1/4 oz.) pkg. fast-acting yeast
1 1/3 cups warm water (110°)
3 Tbs. extra-virgin olive oil, divided use
2 Tbs. freshly grated Parmesan cheese

Preparation:
In a large bowl, stir together the flours and salt. Make a well in the center of the flour mixture. Sprinkle the sugar and yeast into that well. Carefully pour the water into the well. Let stand until the yeast begins to act, about 5 minutes. Pour 2 Tbs. of the oil into the well. With a wooden spoon stir the mixture in the center of the bowl. Gradually widen the circle of stirring to take in all of the flour at the sides of the well.

Turn out on a floured surface, and knead just until smooth. Keep the dough soft. Pour 1/2 tsp. of the oil into a clean bowl. Place the dough in the bowl, turning once to oil the top. Cover. Let rise until doubled, 30-45 minutes.

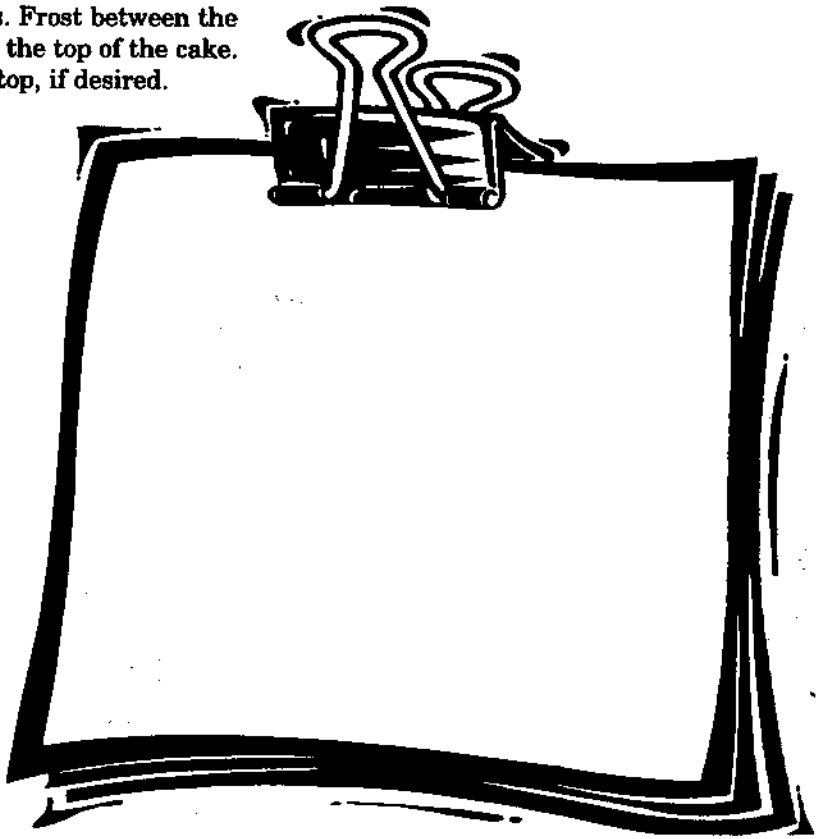
Punch the dough down. Use 1 tsp. of the oil to coat a baking sheet, and place the dough on the baking sheet. Gently press the dough out to about 1/2" thickness. Pour the remaining 1 1/2 tsp. oil over the top of the dough. Use the handle end of a wooden spoon to dimple the dough at 1 1/2" intervals. Sprinkle with the cheese. Place in a cold oven on the center shelf. Place a flat pan of hot water on the shelf below the bread. Let rise until doubled, 20-25 minutes. Remove bread from oven while preheating oven to 375°. Bake the focaccia for 20-25 minutes or until browned on top. Remove from the pan. Serve warm.

Italian Cream Cake

Ingredients:
1 tsp. baking soda
1 cup buttermilk
5 eggs, separated
2 cups sugar
1 stick butter, softened
1/2 cup shortening
2 cups sifted all-purpose flour
1 tsp. vanilla
1 cup chopped pecans
1/2 cup sweetened coconut flakes
2 sticks butter or margarine (room temperature)
2 (8 oz.) pkgs. cream cheese, softened
2 tsp. vanilla
2 lb. confectioners' sugar
1 1/2 cups finely chopped pecans

Preparation:
Preheat oven to 325°. Combine baking soda and buttermilk and let stand a few minutes. Beat egg whites until stiff. Cream sugar, 1 stick butter and shortening. Add egg yolks one at a time, beating well after each addition. Add buttermilk alternately with flour to creamed mixture. Stir in vanilla and fold in egg whites. Gently stir in pecans and coconut. Pour into three 9" greased and floured layer pans. Bake for 20 minutes or until cake tests done—watch closely! Frost when cake is cool to touch.

For the frosting, cream together 2 sticks butter and softened cream cheese. Add vanilla. Gradually add confectioners' sugar. Beat until well blended. Then add finely chopped pecans. Frost between the layers, the sides and then the top of the cake. Sprinkle extra pecans on top, if desired.



Many of the traditional dishes of the Deep South have become favorites all across the country. Here are some recipes to make a true southern supper.

Chicken-Fried Steak

Ingredients:
1 cup flour, divided
1 tsp. salt
pepper to taste
2 lbs. top round or chuck steak, cut 1/4"-1/2" thick
2 eggs
2 Tbs. heavy cream
1/2 cup vegetable oil
2 cups saltine cracker crumbs, finely crushed
1 onion, sliced
1/2 cup cream
2 cups chicken stock

Preparation:
Mix 1/2 cup of the flour, the salt and the pepper together. Pound the mixture into both sides of the meat with the edge of a heavy plate or a mallet. Cut the meat into serving-size pieces. Beat the eggs together with 2 Tbs. cream.

Heat the oil in a heavy iron skillet over moderately high heat. Reserve 3 tablespoons of the flour. Dredge the steaks in the remainder of the flour. Dip steaks into the egg mixture and then into the cracker crumbs. Add to the hot oil.

Brown the steaks well; turn and brown the other side. Reduce heat to medium, cover the skillet. Cook for 15-20 minutes, turning occasionally, until the steaks are cooked through and tender. Chicken-fried steak should be well-done, but not dry. Remove the steaks from the pan and drain on paper towels.

Pour off all but 3 Tbs. of the fat in the skillet. Add onions and saute until soft; stir in 3 Tbs. of the flour. Stir to incorporate any particles in the bottom of the pan and cook for 1-2 minutes. Stir in the 1/2 c. cream, then the chicken stock. Continue stirring the gravy until thickened. Slice the meat across the grain and top with the gravy. Serves 4-6.

Mashed Potatoes

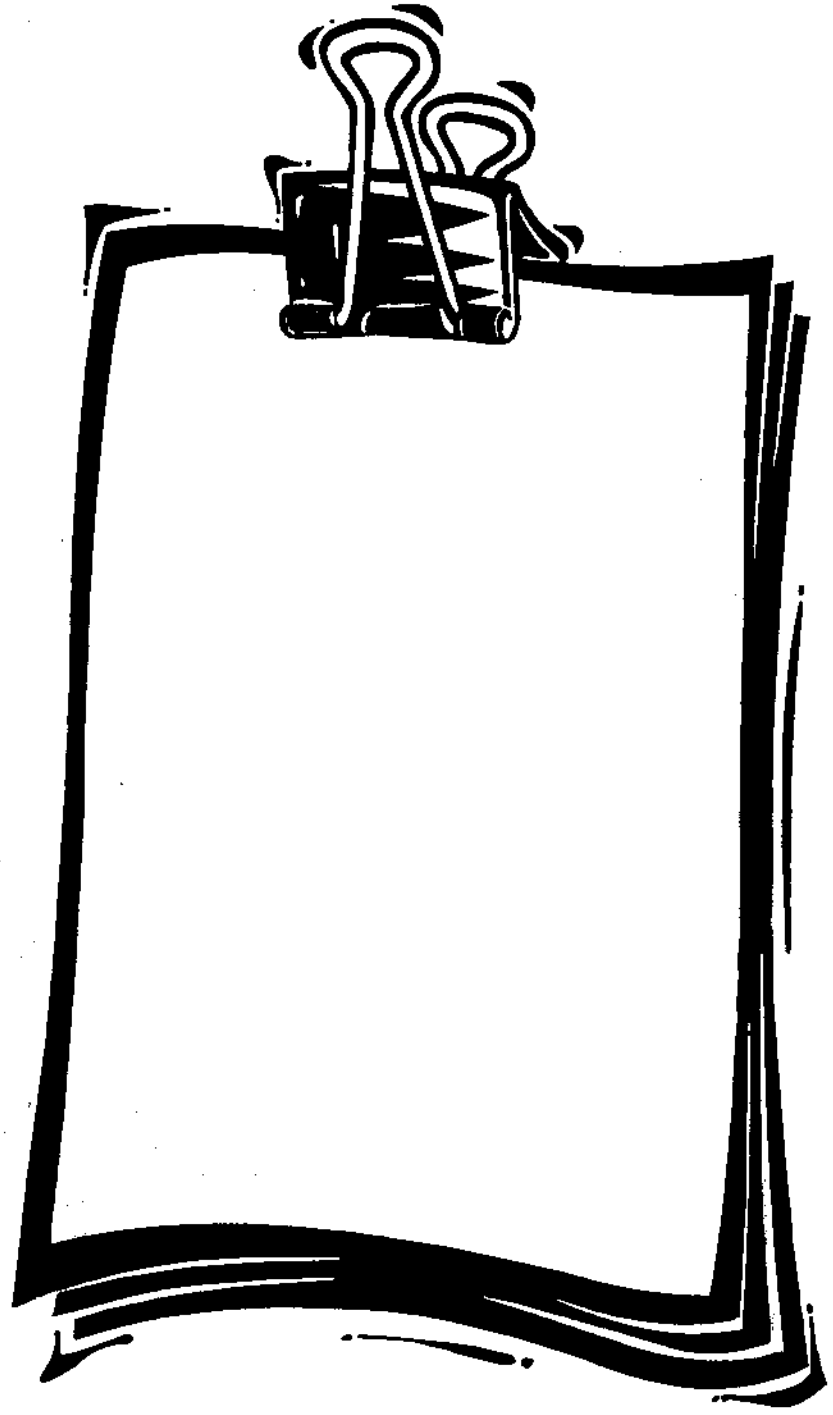
Ingredients:
2 lbs. potatoes (try Yukon Gold potatoes)
1 cup milk
6 Tbs. butter
salt and pepper

Preparation:
Peel and quarter the potatoes, then add to a large pot and cover with water. Add some salt and bring to a boil; cook until the potatoes are tender (about 15 minutes). Drain the potatoes and mash thoroughly with a potato masher. Blend in butter and milk. Season with salt and pepper. Sprinkle with some fresh chives, if desired. Serves 4-6.

Green Beans

Ingredients:
4 slices bacon, chopped
1/4 cup onion, diced
2 cans French-cut green beans, drained
1/2 tsp. Worcestershire sauce
salt and pepper

Preparation:
Fry chopped bacon over medium heat until cooked but not crispy. Add the diced onions and sauté until golden. Add the green beans and toss with the bacon and onions. When the green beans are thoroughly heated (5-7 minutes), add the Worcestershire, salt and pepper. Serves 4-6.



Picnics are such fun. Sharing food, games and laughter in the outdoors makes wonderful family memories. Here are some memorable ideas for a great family picnic adventure.

Picnic Sandwiches

Ingredients:
8 hoagie rolls
16 slices ham, turkey, chicken or roast beef
16 slices Swiss, American or cheddar cheese
8 lettuce leaves
8 slices tomato
mayonnaise or Miracle Whip®
mustard
black or green olives
toothpicks

Preparation
Split the hoagie roll down one side and lay open. Spread with mayonnaise and mustard. Carefully layer some of the meat, cheese, lettuce and tomato on each sandwich. Secure the sandwich with a toothpick topped with an olive. Festive and delicious! Wrap tightly in plastic wrap or foil to take on a picnic. Makes 8 sandwiches.

Picnic Munchies

Every good picnic has delicious sandwiches and lots of extra snacks on the side. Here is a list of possible 'munchies'. Make some of these to add to your picnic—or think up your own!

carrot sticks
celery sticks
hard-boiled eggs
olives
potato chips
crackers
pretzels
raisins
string cheese
watermelon
strawberries
grapes
apples
oranges

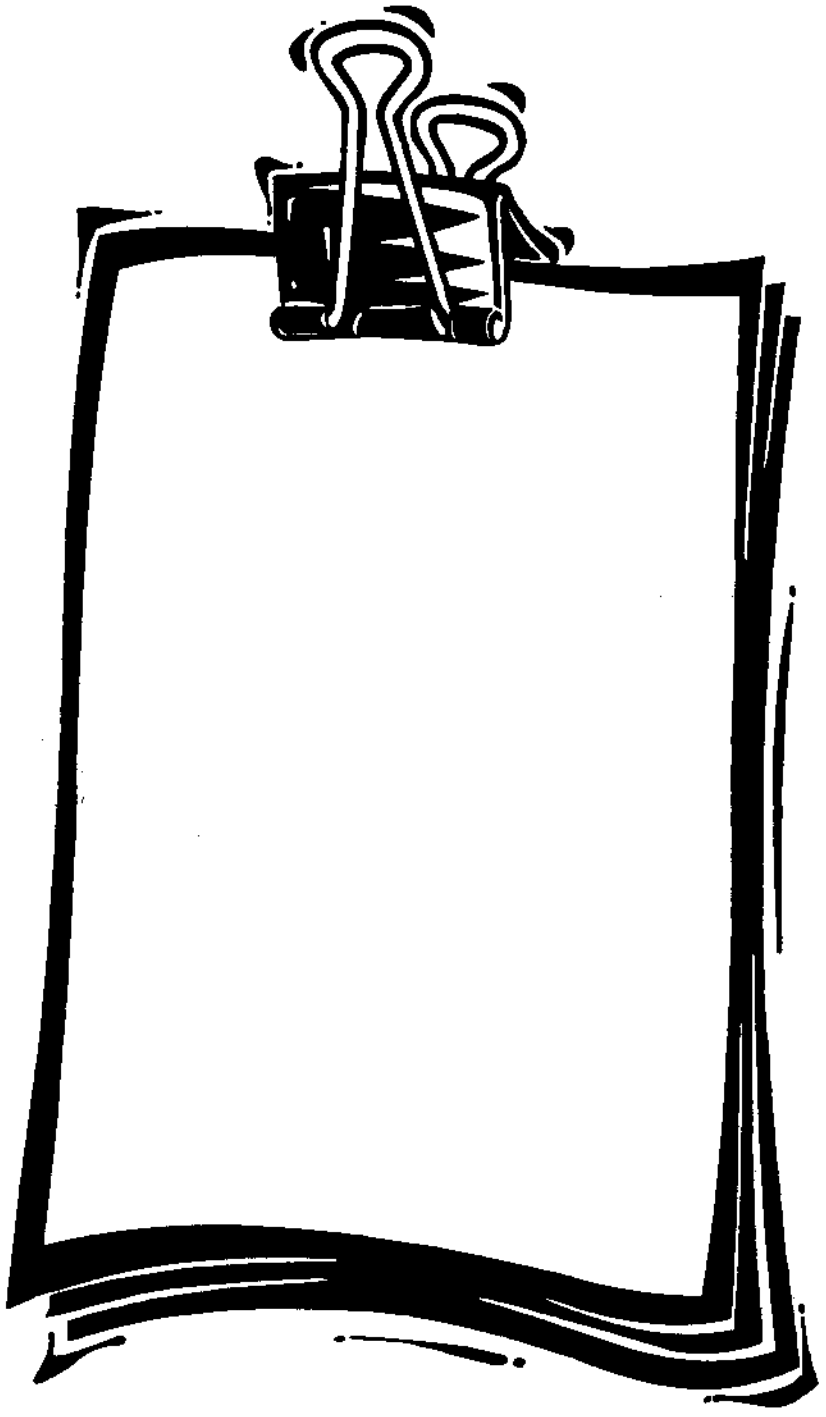
Picnic Pies

Make several different kinds to enjoy!

Ingredients:
2/3 cup butter or shortening
2 cups flour
1 tsp. salt
4-6 Tbs. ice water
2 cups of fruit pie filling (cherry, blueberry, etc.)

Preparation:
Combine the flour and salt. Cut the shortening into the flour mixture until the pieces are the size of peas. Sprinkle the water, 1 Tbs. at a time, over the flour mixture and toss with a fork until the flour is moistened and the pastry comes into a ball. Gently gather the pastry together and divide into 8 balls. Roll each ball out on a floured board until each is approximately 6" in diameter.

Preheat oven to 425°. Carefully spoon 3-4 Tbs. of the pie filling into the center of each pie crust circle. Fold the pie crust over and press the pastry down along the edge using a fork. With the same fork, poke the top of the pastry once to make steam vents. Place the pie pockets on an ungreased baking sheet and bake for 25-35 minutes, until the crust is golden brown and the filling bubbles a little through the vent. Cool. Serve warm or cold with a picnic lunch.
Makes 8 pies.



Again, the menu is from the mountains—homey and sustaining.

Buttermilk Cornbread

Ingredients:

1 1/2 cups cornmeal
1/2 cup all-purpose flour
1/3 cup vegetable oil
1 1/2 cups buttermilk
2 tsp. baking powder
1 tsp. sugar
1 tsp. salt
1/2 tsp. baking soda
2 eggs, beaten

Preparation:

Preheat oven to 450°. Mix all ingredients gently until just combined. Pour into a greased 8"x8" pan. Bake 25-35 minutes. Check for doneness with a toothpick. When a toothpick inserted into the center comes out clean, the cornbread is done. Serves 6.

Pinto Beans

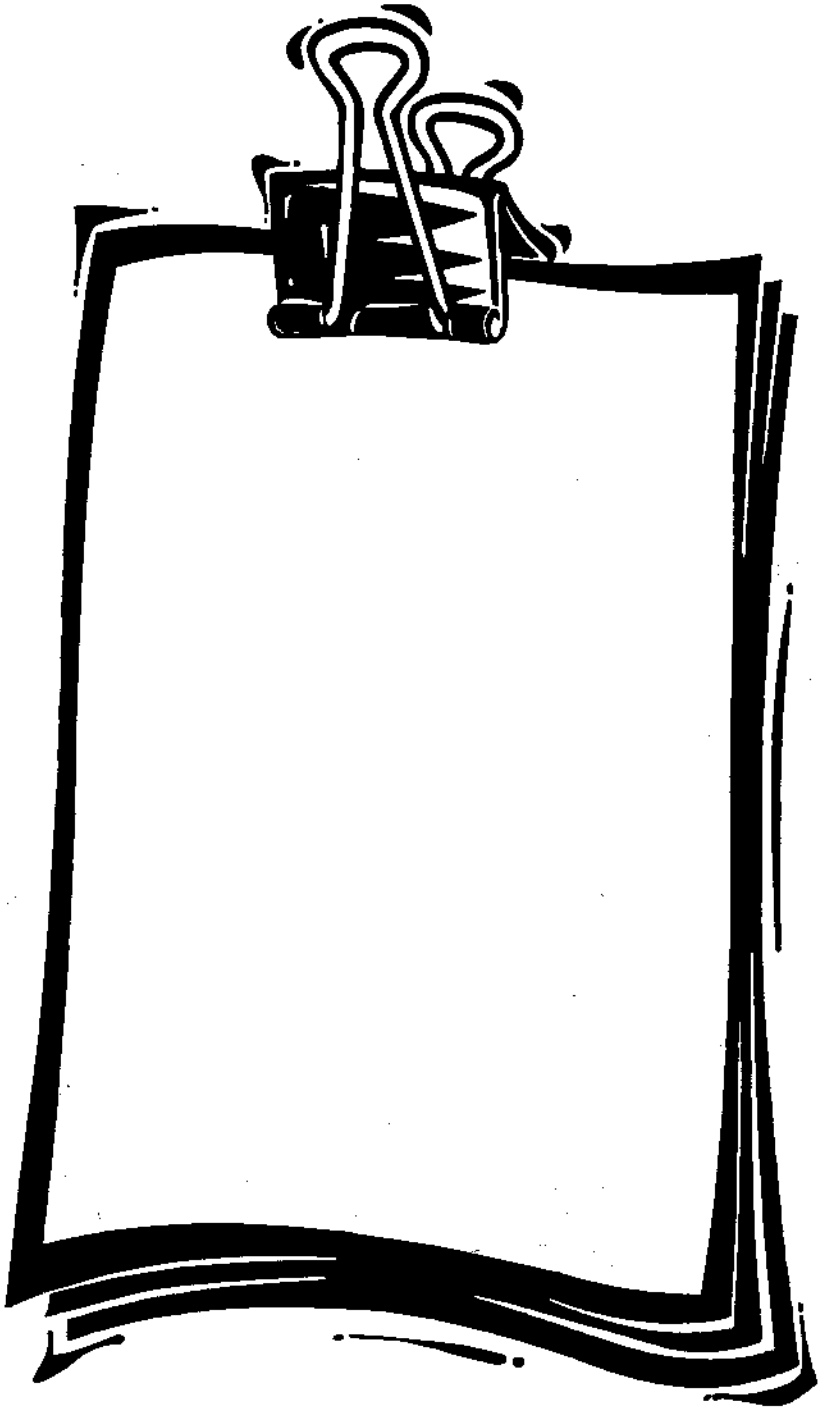
Ingredients:

4 cups water
1 lb. dried pinto beans (about 2 1/2 cups)
salt and pepper

Preparation:

In a large soup pot, heat the water and the pinto beans to boiling. Boil for 2 minutes. Remove from heat and let stand for 90 minutes.

If needed, add enough water to the pot to cover the beans. Put the pot back on a burner on high heat; bring to a boil. Reduce heat; cover and simmer the beans until tender and creamy, about 90 minutes to 2 hours. Season to taste with salt and pepper. Serve the beans over cornbread. Serves 6.



This menu is inspired by Jane Claire Lambert's mother's recipe. Jane remembers the trio dinner her mother made for her when she was a little girl. The trio dinner was (and is!) a favorite of Becky Jane and Carrie, too. It is a warm and filling meal on any cold evening.

The Oreo® dessert has been a mainstay in Jane's repertoire (she got it from her husband's aunt) and she has received many compliments on this tasty recipe. Your family will love it and so will your guests!

Becky Jane's Grandmother's Trio Dinner

Ingredients:

1 lb. ground beef
1 can green beans
4 medium potatoes, mashed
4 Tbs. milk
1 Tbs. butter or margarine
1 small can tomato sauce
salt and pepper

Preparation:

Peel, boil and mash the potatoes. Mix the milk and butter with the potatoes; keep warm. In a large skillet over medium heat, brown the ground beef; drain. Return cooked beef to the skillet; mix in the tomato sauce. Cook over medium heat until warmed through. In separate saucepan or microwave, warm the green beans and drain well.

Layer ground beef on bottom of a greased 6-cup jello ring mold (tube pan works also). Next, top with mashed potatoes. Turn out onto a round platter, gently tapping the sides to release the meat and potatoes. In the center hole, place the hot green beans. Season with salt and pepper to taste. Serves 4-6.

Oreo® Peppermint Dessert

Ingredients:

28 Oreo® cookies, crushed (divided)
1/2 cup butter or margarine
2 egg substitute (like Egg Beaters®)
1 1/2 cups confectioners' sugar
1/2 cup pecans, chopped
1 1/2 squares semisweet chocolate (or 3 oz. semisweet chocolate chips)
1/2 gallon peppermint ice cream (ice cream from a rectangular carton is easiest to use)

Preparation:

Grease a 9"x13" pan. Pat half of the crushed Oreos® onto the bottom of the pan. In a saucepan over medium-low heat, melt the butter and the chocolate. Cook gently—chocolate burns easily! When the chocolate and butter are completely melted, mix in the egg substitute, confectioners' sugar and pecans. Pour this mixture onto the pressed cookie crumbs in the 9"x13" pan.

Completely open up the carton of ice cream and slice lengthwise into 4 even slices. Lay the ice cream slices over the chocolate mixture; press to the edges. Pour the remaining cookie crumbs over the ice cream. Press gently over the entire surface. Cover with foil and freeze for at least 6 hours. Cut in squares and serve. It keeps well in the freezer. Serves 8.

Neighbors can be lots of fun when you include them in a special meal, even if it's only for tea. Invite a neighbor for a biscuit and honey tea-time treat.

Chef's Corner

Biscuits are so very easy to make. Just a few tries and you are making mouth-watering warm biscuits for the entire family. It is a cooking skill worth learning because biscuits can be used at breakfast, for snacks, with casseroles, and in many other ways. Biscuits with a little added sugar are even used in desserts such as the shortcakes for strawberry shortcake. Teach your children to make great biscuits and they may even surprise you with breakfast in bed.

Baking Powder Biscuits

Serve these light and fluffy biscuits with orange honey butter and honey!

Ingredients:
2 cups all-purpose flour
1/2 cup shortening
3 tsp. baking powder
1 cup milk
1/2 tsp. salt

Preparation
Preheat oven to 450°. Stir together flour, baking powder and salt. Cut in shortening (a pastry blender really works well) until it resembles coarse crumbs (like oatmeal). Make a well in flour mixture: add milk. Stir quickly with fork just until dough follows fork around the bowl.

Turn onto a lightly floured surface. Knead gently 6-8 times. Roll or pat dough to 1/2" thickness and cut with the mouth of sturdy drinking glass or biscuit cutter (about 2 1/2" in diameter). Place on ungreased baking sheet and bake for 12-15 minutes. Serve immediately with orange honey butter and honey. Makes 10-12 biscuits.

Orange Honey Butter

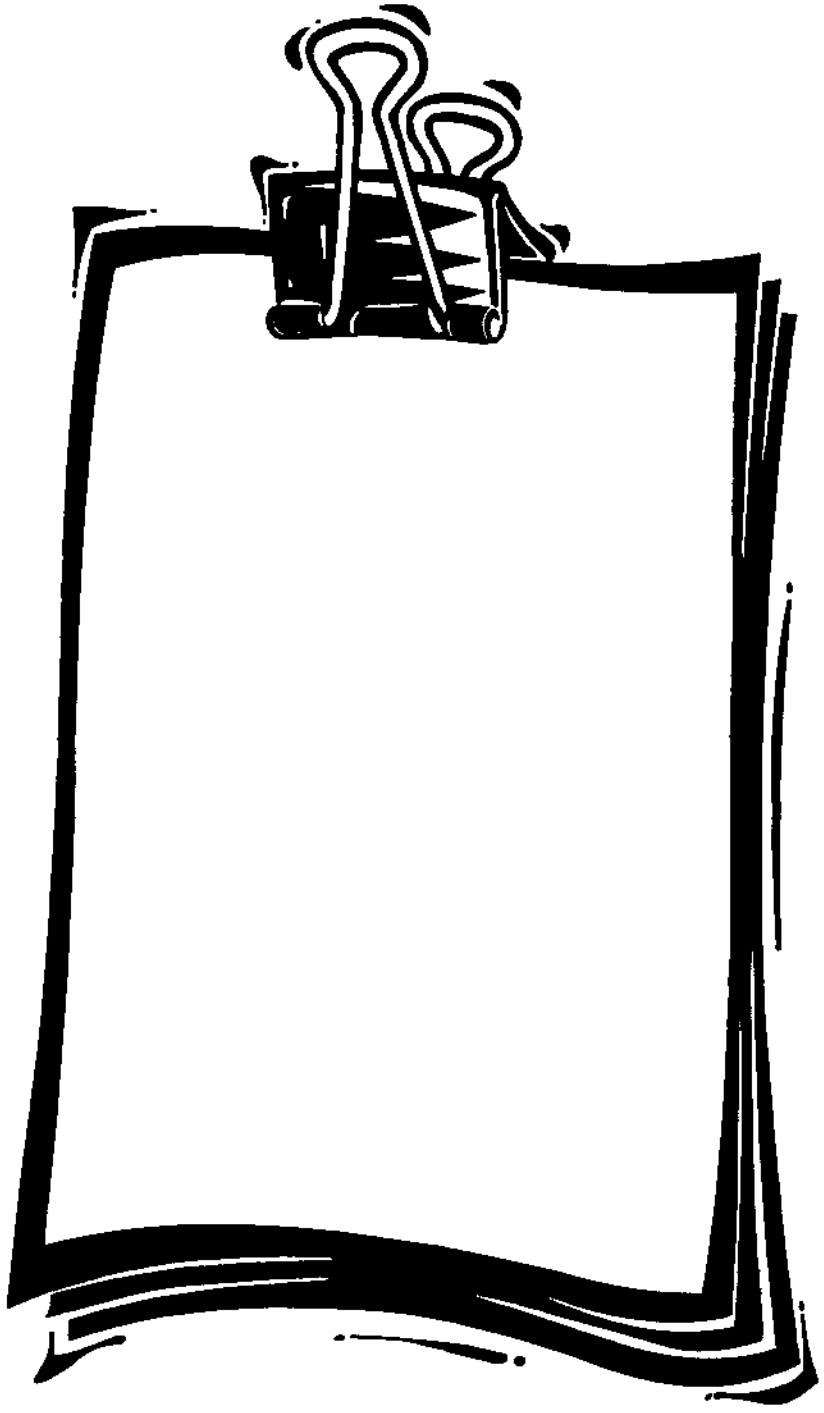
Ingredients:
1/2 cup butter or margarine, softened to room temperature
1/4 cup honey
1 tsp. grated orange peel
1/2 tsp. ground cinnamon

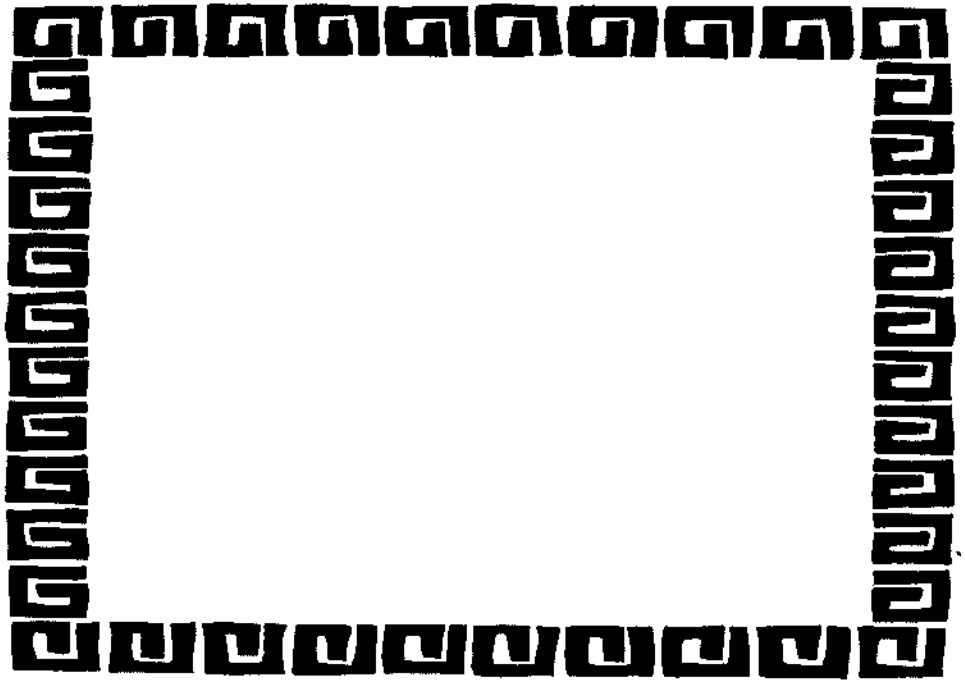
Preparation:
Combine all ingredients and mix well. Serve with biscuits, bread or toast. If it will be served later, chill. Makes about 3/4 cup.

Freshly Brewed Iced Tea

Ingredients:
8 cups boiling water
4 family-size tea bags (tea of your choice—peppermint is delicious iced!)
large pitcher or iced tea container

Preparation:
Slowly pour 8 cups boiling water into pitcher with the family size tea bags. Steep 3-5 minutes (3 for mild flavor, 5 for full flavor). Remove tea bags, cool and serve over ice. Makes 2 quarts.





In the good old summertime, make use of the bountiful ripe fruit selections and try these recipes for some cool treats!

Melon Soup

Ingredients:

6 ripe strawberries
3 ripe pears, cored, peeled and chopped
3 slices watermelon, peeled, seeded and cubed
1/2 cantaloupe, peeled, seeded and cubed
1/2 honeydew melon, peeled, seeded and cubed
1/2 cup orange juice
1/2 cup cranberry juice
1/4 cup pineapple juice
1/8 tsp. cinnamon
1 lime, cut into thin slices
fresh mint sprigs

Preparation:

Puree all of the fruit and the juices in a blender with cinnamon; refrigerate the mixture for at least 2 hours to chill. Ladle into bowls and garnish with lime slices and mint. Serves 6.

Watermelon Slushy

Ingredients:

4 cups cubed, seeded watermelon
1 (10 oz.) pkg. frozen raspberries
1 (12 oz.) bottle sparkling mineral water

Preparation:

Place watermelon in a single layer in shallow pan; freeze until firm. Remove from freezer and let stand 5 minutes. Drop watermelon through food chute of a food processor or blender with the motor running. Add frozen raspberries alternately with mineral water, processing until smooth. Serves 6.

Banana Cream Pie

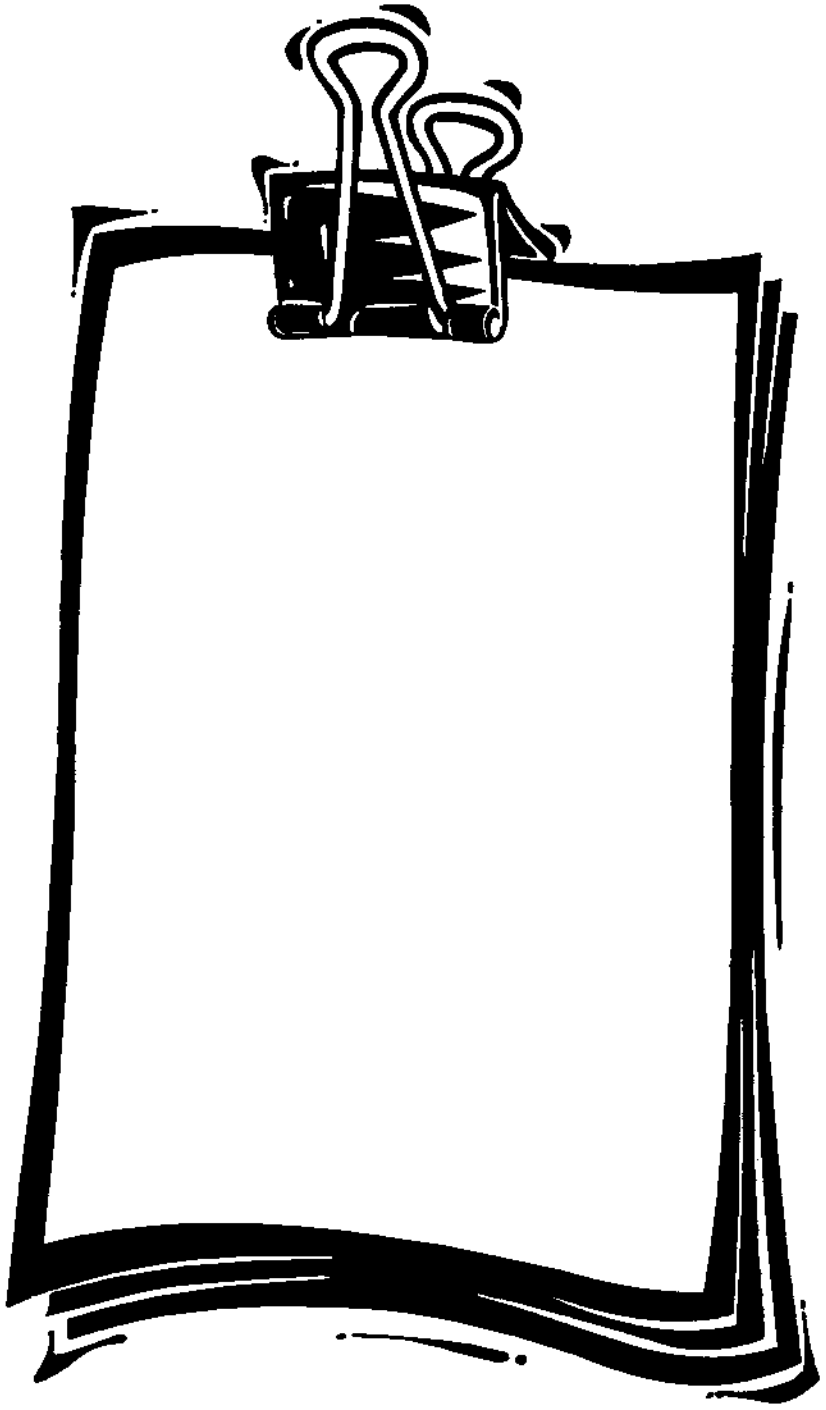
Ingredients:

1 1/2 cups finely crushed vanilla wafers
1/3 cup butter or margarine, melted
4 cups (2 small boxes) prepared banana pudding
1 large ripe banana, sliced
whipped cream
maraschino cherries, drained well

Preparation:

Preheat oven to 350°. Combine crushed cookie crumbs and melted butter. Press firmly into 9" pie plate, covering bottom and sides evenly. Bake for 10 minutes. Allow to cool before filling.

Cover bottom of pie shell with banana slices. Line sides of pie shell with whole vanilla wafers, if desired. Add banana pudding to fill. Spread evenly and chill well. Top with a layer of whipped cream immediately before serving and garnish with additional banana slices or maraschino cherries. Serves 6.



When the cold wind blows by the sea, what could be better than a fish chowder to warm you? Try this tasty dish and make some memories wherever you live.

Chef's Corner

Called 'Blueberry Bread,' this recipe is technically a 'quick bread.' Quick breads use baking powder or baking soda to help them rise instead of traditional yeast.

Fish Chowder

Ingredients:

3 Tbs. butter
1 onion, sliced thin
2 1/2 lbs. fresh fish fillets (cod, haddock, etc.)
3 raw potatoes, peeled and diced
2 Tbs. melted butter
2 Tbs. flour
3 cups milk
1 1/2 tsp. salt
1/4 tsp. pepper

Preparation:

Melt 3 Tbs. butter in a large Dutch oven or soup pot. Cook onion in the butter until soft. Cut the fish into small pieces. Add fish and potatoes to saucepan and cover with water. Cover and cook over low heat until potatoes are tender (15-20 minutes). Mix 2 Tbs. melted butter and flour in a bowl. Add a little of the hot fish broth to the flour mixture and stir. Pour flour mixture into broth and stir. Add milk, salt and pepper. Stir and simmer for a few minutes. Serve with oyster crackers on top. Serves 6.

Blueberry Bread

This bread is wonderful for breakfast or as a dessert!

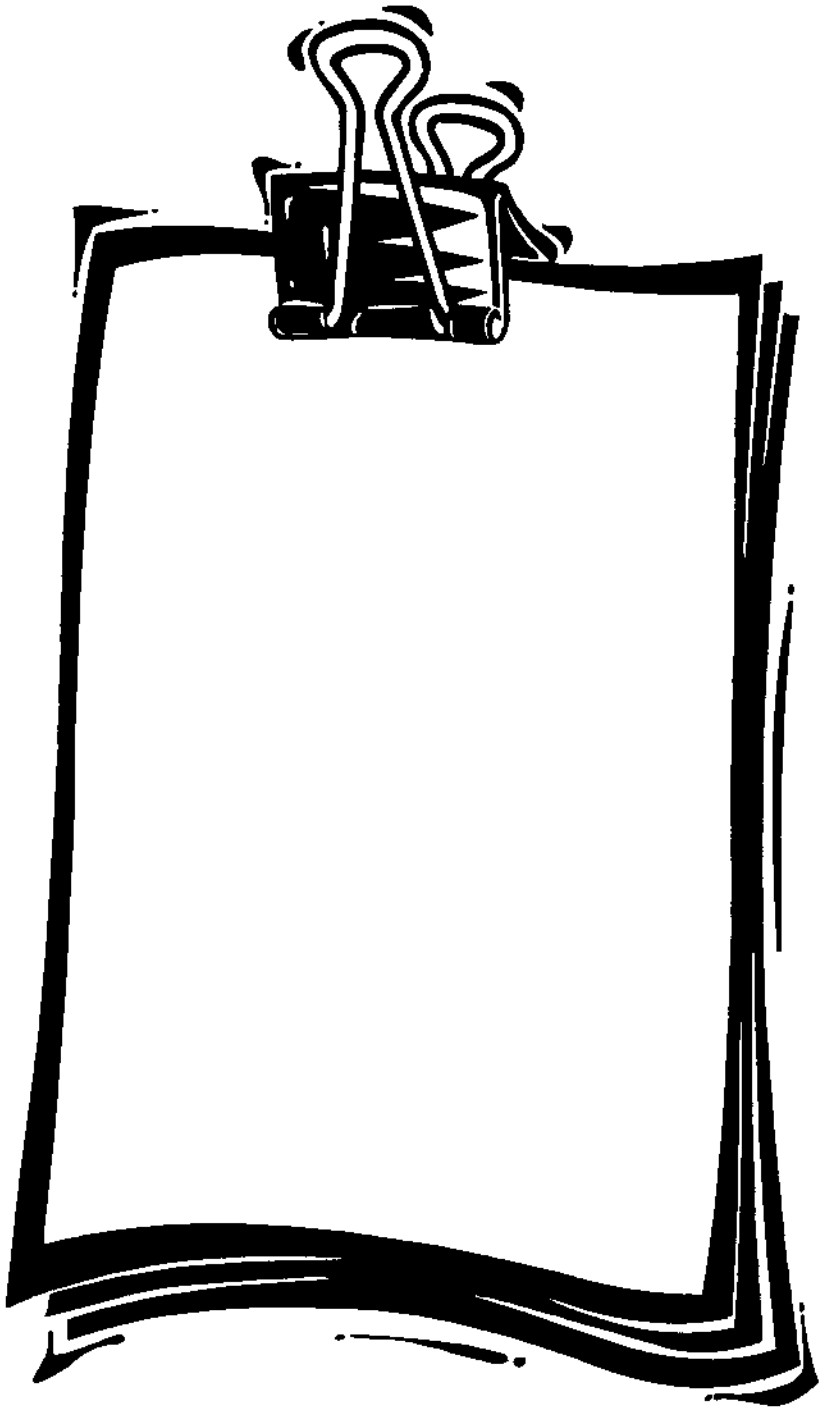
Ingredients:

2 eggs, beaten
1 cup sugar
1 cup milk
3 Tbs. melted shortening or vegetable oil
3 cups all-purpose flour
1 tsp. salt
4 tsp. baking powder
1 cup fresh or frozen blueberries
1/2 cup broken walnut pieces

Preparation:

Preheat oven to 350°. Mix together beaten eggs and the sugar. Add milk and melted shortening or vegetable oil. Sift together flour, salt and baking powder. Combine mixtures, stirring only until blended. Carefully fold in fresh or frozen blueberries and broken walnut pieces.

Pour into a greased loaf pan. Bake for 50-60 minutes. Cool in pan but try to turn it out of pan before it is completely cool. It will be easier to remove.
Serves 6-8.



During the colonial era in the United States, many of the foods made by the colonists were based on the cuisine of their homeland—England. These two recipes are a great example of English fare, slightly Americanized. The Shepherd's Pie is a meal unto itself and the gingerbread men can be decorated in any way you please—perhaps to look like the colonial hero Paul Revere!

Shepherd's Pie

Ingredients:
4 Tbs. unsalted butter
2 lbs. lean chuck roast, cut into 1/2" cubes
3 turnips, peeled and diced
4 carrots, peeled and diced
3 celery stalks, trimmed and sliced
1 medium onion, peeled and diced
1 tsp. fresh thyme leaves
1/4 cup all–purpose flour
2 cups beef stock or water
1/3 cup tomato paste
salt and freshly ground black pepper to taste
2 lbs. white or red boiling potatoes, peeled and cut into 1" cubes
1 stick unsalted butter
1 egg
1 egg yolk

Preparation:
To make the stew, melt 4 Tbs. butter in a Dutch oven or large saucepan over medium-high heat. Add the beef and brown on all sides, making sure not to crowd the pan. This may have to be done in batches. Remove the beef from the pan with a slotted spoon; set aside.

Add the turnips, carrots, celery and onion to the pan; sauté for 3 minutes, stirring frequently, or until the onions are translucent. Return the beef to the pan along with the thyme, and sprinkle the flour over the beef and vegetables. Cook over low heat for 3 minutes, stirring frequently, to cook the flour. Add the cold stock or water, raise the heat to medium high, and bring to a boil. Stir in the tomato paste, and season with salt and pepper. Cook the beef mixture, covered, over low heat for 40-55 minutes or until the beef is tender.

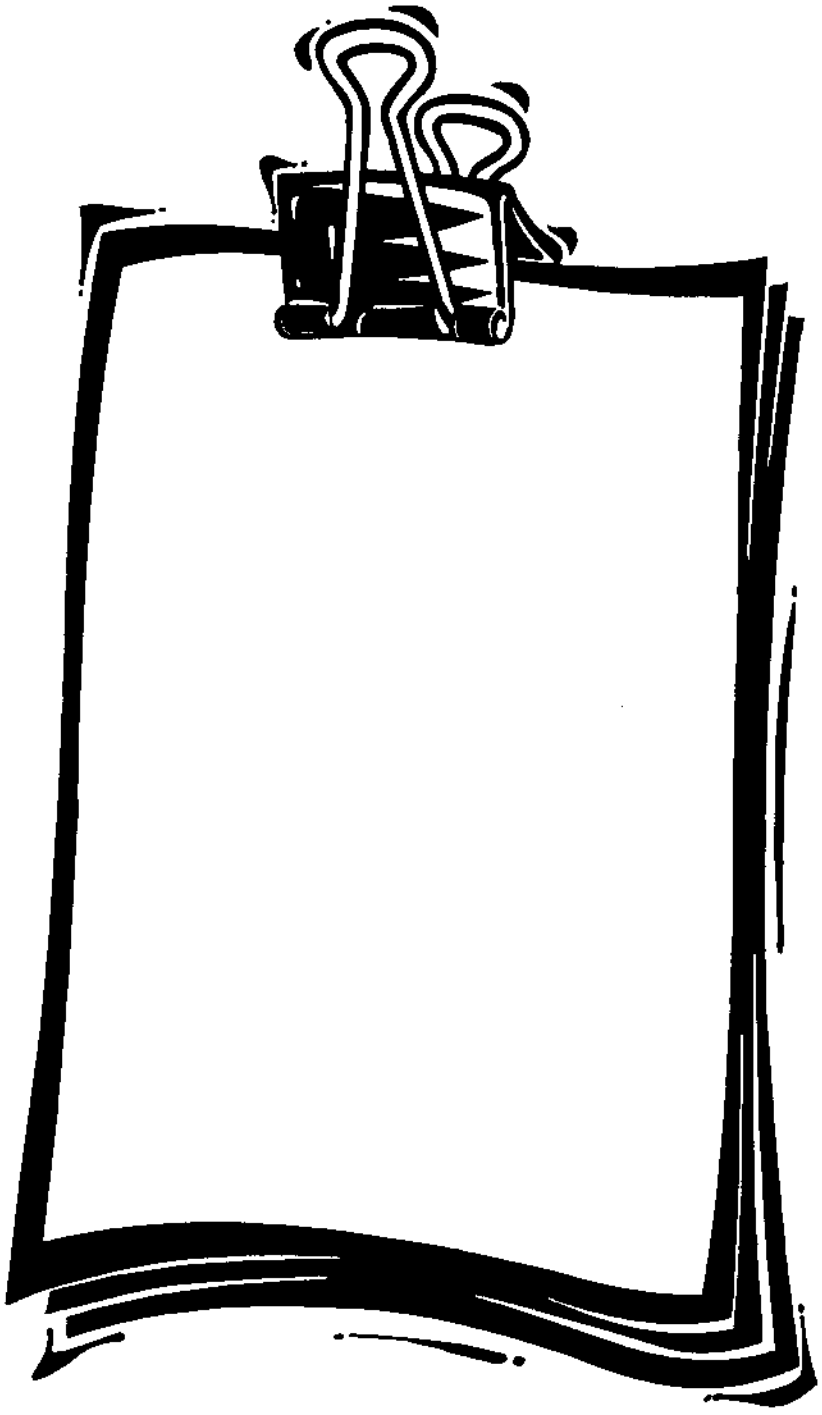
While the beef is braising, place the potatoes in salted cold water to cover and bring to a boil over high heat. Boil the potatoes until tender, about 15 minutes. Drain, and then mash the potatoes—using a potato masher or hand–held electric mixer—with 1 stick butter, egg, yolk, salt and pepper. Place the mixture in a pastry bag fitted with a large star tip.

To serve, preheat an oven broiler. Place the stew into a large baking dish or individual dishes, and pipe the potatoes into a latticework pattern on the top. Place 6" from the broiler element, and brown the potatoes. Serve immediately. (If you do not have a pastry bag, you can spoon the potatoes into a pattern on top of the stew mixture.) Serves 8.

Gingerbread Men

Ingredients:
1 cup sugar
2 tsp. ginger
1 tsp. nutmeg
1 tsp. cinnamon
1 1/2 tsp. baking soda
1/2 tsp. salt
1 cup melted margarine
1/2 cup evaporated milk
1 cup molasses
3/4 tsp. vanilla extract
3/4 tsp. lemon extract
4 cups unbleached flour, unsifted

Preparation:
Preheat oven to 375°. Combine the sugar, ginger, nutmeg, cinnamon, salt and baking soda. Mix well. Add the melted margarine, evaporated milk and molasses. Add the extracts. Mix well. Add the flour 1 cup at a time, stirring constantly. The dough should be stiff enough to handle without sticking to fingers. Knead the dough for a smoother texture. Add up to 1/4 cup of additional flour, if necessary, to prevent sticking. When the dough is smooth, roll it out to a 1/2" thickness on a floured surface and cut it into cookies. Bake on greased cookie sheets in a preheated 375° oven for 10-12 minutes. The gingerbread cookies are done when they spring back when touched lightly. Makes 16-24 cookies.



Camping out is another wonderful way to make family memories for a lifetime. Learn together what recipes can be cooked over a fire or on a grill, and plan meals that will nourish you on all of your explorations. Here are some beginning ideas.

Hamburger Stew Pockets

These stew pockets are classic camping fare! Although they are supposed to be cooked in the coals of an open fire (and this would be wonderful if you could!), feel free to cook them on a charcoal or gas grill.

Ingredients:

1 1/2 lbs. ground beef
4 (16") squares aluminum foil
4 carrots, sliced
1 lb. potatoes, peeled and sliced 1/4" thick
dehydrated onion flakes
Worcestershire sauce
salt and pepper to taste

Preparation:

Separate meat into 4 portions. Place each in the center of a square of foil. Top with equal portions of sliced carrots and potatoes. Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. With an adult's help, place on hot coals (or on the grill) for 10-15 minutes per side. Makes 4 pockets.

S'Mores

Again, it is strongly encouraged that you make these yummy s'mores over a real fire. If you are unable to, however, a grill works adequately for browning the marshmallows.

Ingredients:

marshmallows
Hershey® bars
graham crackers
green sticks or coat hangers

Preparation:

Get prepared by breaking 1 large graham cracker in half. Cover 1/2 of the graham cracker with Hershey® bar. Put a marshmallow (or 2) on the stick and, with an adult's help, hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. (If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground.) When the marshmallow is roasted, place on top of the Hershey® bar, put the other graham cracker on top and bite down. Desserts do not get any better than this!

Backpacker Bars

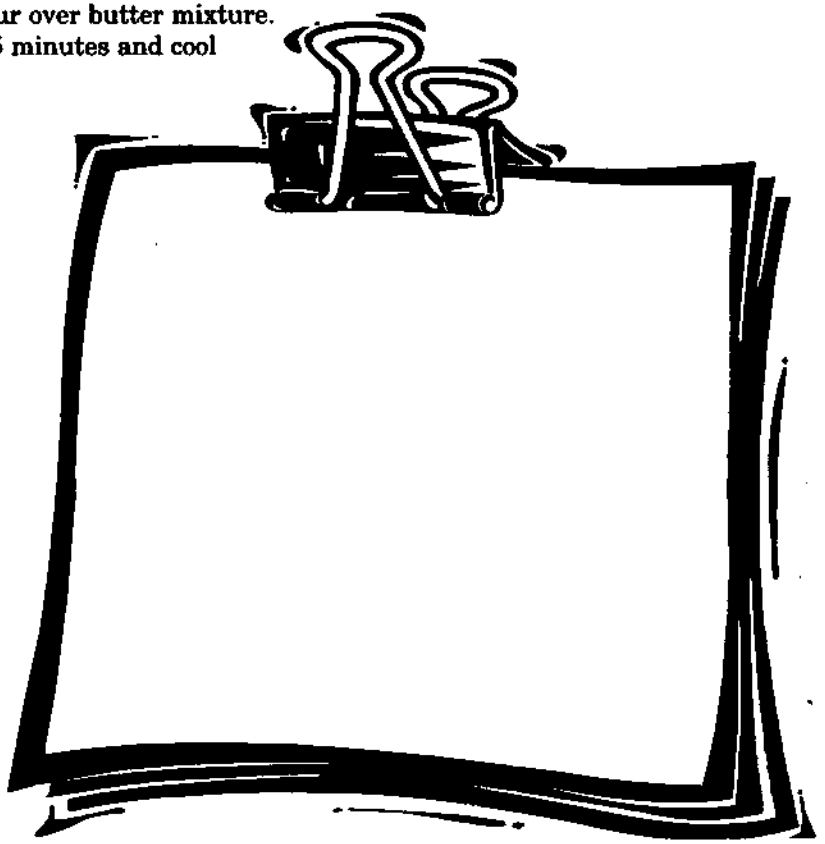
When you are camping, it is nice to have little snacks in your backpack—things you can eat with your fingers while you are fishing or hiking. These bars are perfect snacks even if you are just reading a book about camping at home!

Ingredients:

1 cup butter
1 1/2 cups brown sugar
1 cup quick-cooking oats
1 cup whole wheat flour
1 cup all-purpose flour
1/2 cup wheat germ
4 tsp. orange peel, grated
4 eggs, lightly beaten
2 cups almonds, chopped
1 cup chocolate chips
1/2 cup dates, chopped
1/2 cup dried apricots, chopped
1/2 cup coconut, shredded

Preparation:

Preheat oven to 350°. Cream butter with 1 cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ, and orange peel. Press mixture into bottom of an ungreased 9"x13" baking pan. Combine eggs, almonds, chocolate chips, dates, apricots, coconut and remaining 1/2 cup brown sugar. Mix gently, but thoroughly. Pour over butter mixture. Spread evenly. Bake 30-35 minutes and cool before cutting into bars.



This menu features a perfect Fourth of July barbecue menu. Celebrate our nation's birthday with your family and friends while you enjoy this delicious meal!

Barbecued Chicken

Ingredients:

1 large yellow onion
3 Tbs. butter
2 cloves garlic
2 Tbs. water
1/4 cup brown sugar
1 cup catsup
2 Tbs. white vinegar
1 Tbs. prepared Dijon mustard
2 Tbs. Worcestershire sauce
1 tsp. grated orange rind
1/4 cup orange juice
10 chicken pieces (breasts, thighs or legs)

Preparation:

Peel and dice the onion; sauté in the butter. Mince the garlic cloves and add to the pan. When the onion becomes translucent, add the water and the brown sugar; simmer for about 1 minute.

Add the catsup, vinegar, mustard, Worcestershire sauce and orange rind, stirring constantly with a wooden spoon. Slowly pour the orange juice into the mixture and stir until blended. Continue to simmer over very low heat for 15-20 minutes, stirring occasionally.

Brush the sauce over the chicken pieces several times while grilling. This recipe yields 2 cups of sauce. Serves 4-6.

Roasted Corn on the Cob

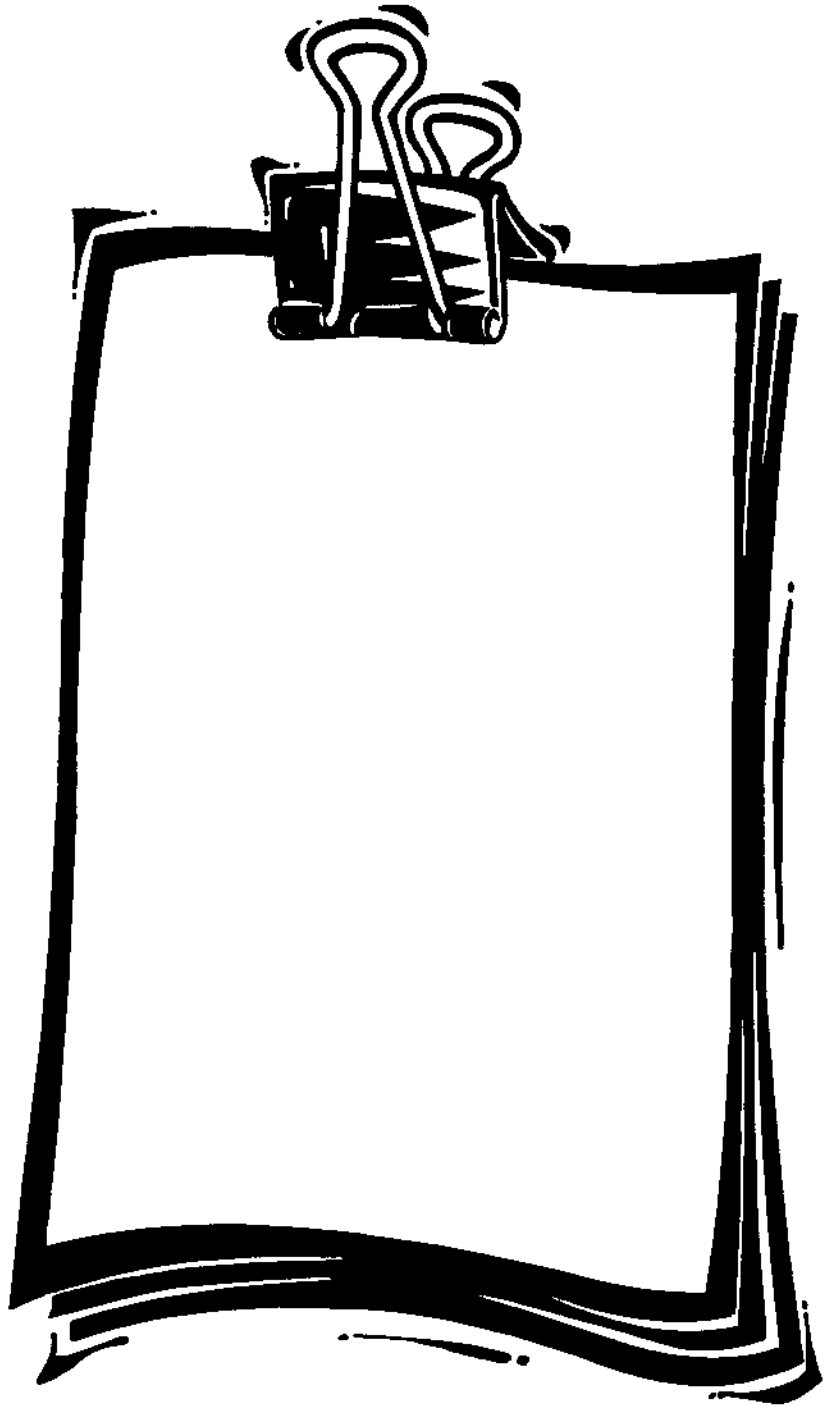
Ingredients:

12 ears of corn, with husks
1 stick butter
salt and pepper

Preparation:

With an adult's help, preheat a charcoal or gas grill. Without removing the husks or silks, soak the corn in water for 15 minutes. Remove from the water and place the ears directly on the grill or coals. Rotate them with a pair of tongs while grilling so that all the sides are evenly cooked. The corn should be ready in 8-16 minutes, depending on how hot the fire is. Remove from the grill and peel carefully because the ears will be very hot. The husks and silks should come off easily. Spread butter on the corn and season with salt and pepper. Serves 6.

– Be sure to see the other recipe for this section on page 102. –



Red, White and Blue Shortcake

To honor America's birthday, consider presenting this dessert with candles.

Shortcake Ingredients:
5 cups flour
4 tsp. baking powder
1/2 tsp. salt
1/2 tsp. nutmeg
1/4 cup sugar
1/2 cup margarine or shortening
2 cups milk

Preparation:
Preheat the oven to 425°. Sift the flour, baking powder, salt, nutmeg and sugar together in a large bowl. Slice the margarine sticks into pats and add to the dry mixture. Using a hand-held pastry cutter or your fingertips, cut in the margarine and dry ingredients until they resemble a coarse meal. Avoid overmixing. Make a small well in the center and pour the milk into it. Stir just until the mixture holds together.

Turn the shortcake dough onto a lightly floured countertop or pastry cloth and pat into a 1"-thick circle, handling it as little as possible. Do not knead the dough. Kneading the dough will make the shortcakes tough.

Use a biscuit cutter or inverted cup to cut out the shortcakes, and arrange about 1 1/2" apart on an ungreased cookie sheet. Bake for 10-12 minutes. Let cool before serving. Makes 12 shortcakes.

Strawberries Ingredients:
1 quart fresh strawberries, sliced
1/4 cup sugar

Preparation:
Wash and hull the strawberries and slice them into a glass bowl. Sprinkle with the sugar. Stir a few times; cover and refrigerate until ready to serve. The strawberries will release some juice and make a light syrup. Stir once again before spooning the berries on top of the shortcakes.

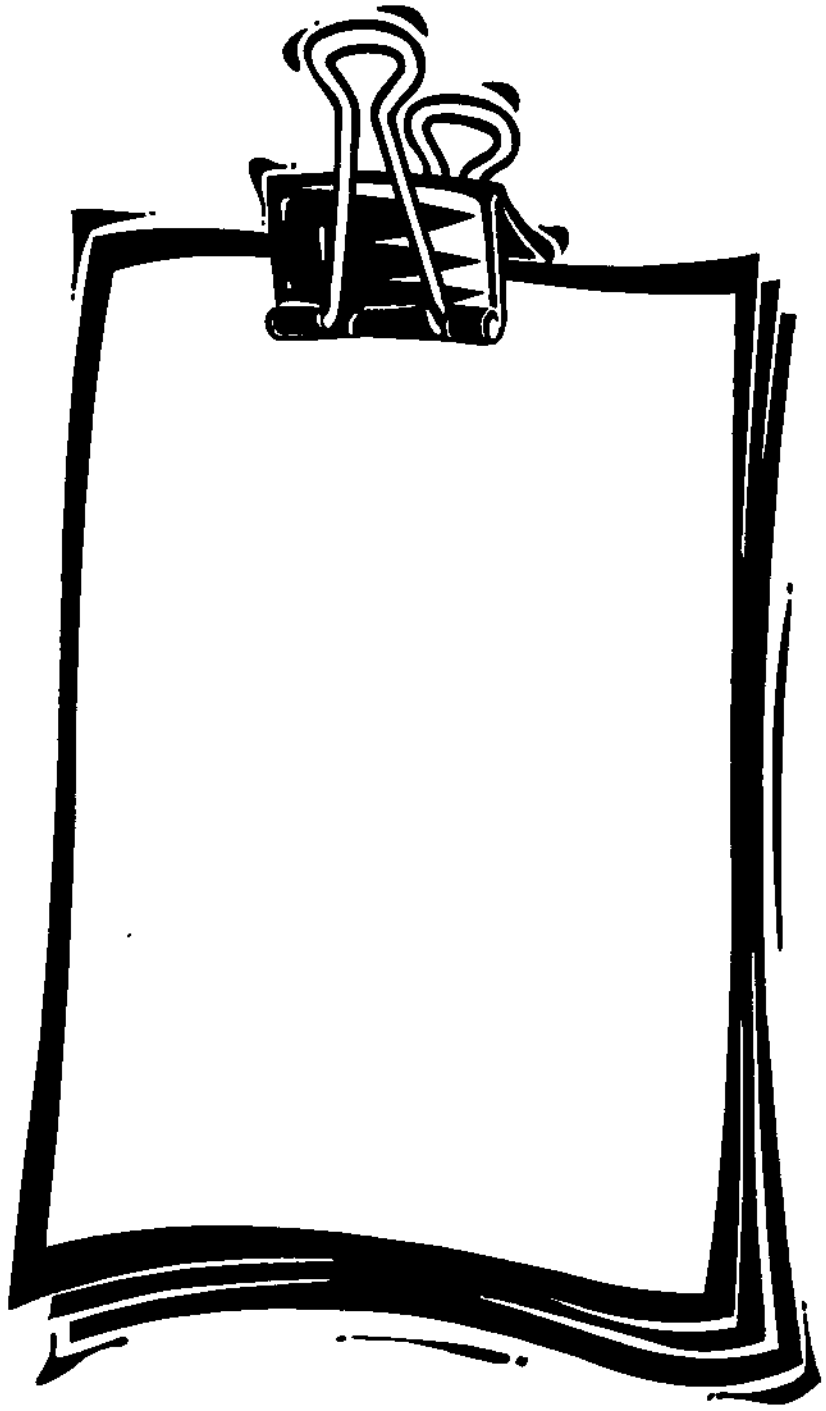
Blueberries Ingredients:
1 quart fresh blueberries
1/4 cup sugar

Preparation:
Wash the blueberries. Put 1/3 of the blueberries in a glass bowl. Using a potato masher, mash the blueberries. Add the remaining 2/3 of the blueberries and stir with the sugar. Cover and chill until ready to serve. The blueberries will release some juice and make a light syrup. Stir once again before spooning the berries on top of the shortcakes.

Whipping Cream Ingredients:
1 pint whipping cream
2 Tbs. maple syrup

Preparation:
Before whipping the cream, place a stainless steel bowl in the freezer for a little while to chill. Pour the whipping cream into the chilled mixing bowl. Add the maple syrup and whip with an electric mixer or a whisk until stiff. Keep chilled until you're ready to serve the dessert.

To serve the shortcakes:
Split cakes into halves. Spoon some of the strawberries and blueberries onto the bottom halves. Cover with the remaining shortcake halves and spoon more of the strawberries on top. Top with the whipped cream and garnish with fresh blueberries.



When you care about your relatives, you want to make special treats for them. Here are some ideas for some creative and special dishes for friends and relatives.

Rice Pudding

Ingredients:

2 cups cooked rice (short-grain varieties work best)
1 1/3 cups milk
1/2 cup brown sugar
1 Tbs. butter, softened
1 tsp. vanilla
3 eggs
1/2 tsp. lemon rind, grated
1 tsp. lemon juice
3/4 cup shortbread cookies, crushed

Preparation:

Preheat oven to 325°. Combine all of these ingredients except cookie crumbs; mix well with a spoon. Grease a baking dish (8"x8"). Cover the bottom and the sides of the baking dish with the cookie crumbs. Put the rice pudding in the dish. Bake the pudding until set, approximately 50 minutes. Serve hot or cold. Serves 4.

Jelly Sandwiches

Ingredients:

8 slices of bread
4 Tbs. jelly or jam of your choice
assorted cookie cutters

Preparation:

Lay 4 of the slices of bread out on the counter. Spread each slice with 1 Tbs. of the jelly or jam of your choice. Lay 1 of the remaining 4 slices of bread on top of each spread slice. Using your favorite cookie cutters, cut out the center of each sandwich into interesting shapes. Serve 4.

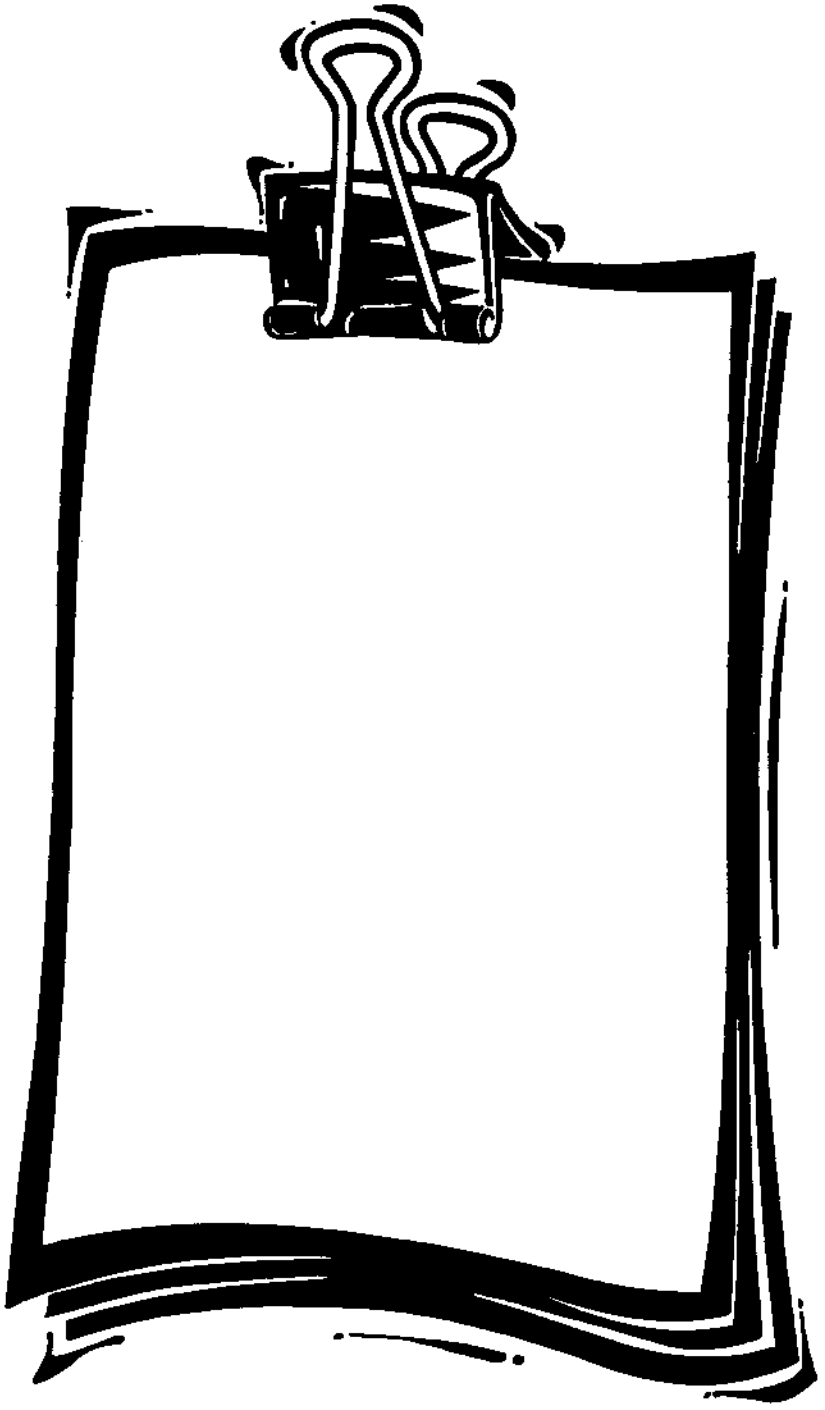
Little Hot Dogs

Ingredients:

4 hot dog buns
4 hot dogs
mustard
catsup
relish
diced onion
sauerkraut

Preparation:

In a soup pot, bring 2 quarts of water to a boil. When the water is boiling, drop the hot dogs into the water and cook for 6-8 minutes or until heated through. Remove and pat dry. Split the hot dog buns, and lay one hot dog in each. Spread with your choice of toppings (i.e., mustard, catsup, relish, diced onion or sauerkraut). When the hot dog is complete, cut each hot dog and bun into 3 sections. Enjoy your 'little' hot dogs! Serves 4.



Go back in years to the days of kings and queens and castles. Have a feast and remember to take pictures!

Medieval Roast Chicken and Sauce

Ingredients:

1 (3-5 lb.) roasting chicken
2 Tbs. olive oil
1 1/2 cup onions, roughly chopped
1/2 cup raisins
1/2 tsp. salt
1/2 tsp. ground ginger
1/2 tsp. ground mace
1/4 tsp. ground cloves
1/2 cup white grape juice
1/3 cup white vinegar
4 Tbs. sugar
6 Tbs. breadcrumbs, plain
1/3 cup water

Preparation:

Preheat the oven to 350°. Place the chicken on a rack in a roasting pan, uncovered and place in the oven. Roast about 20 minutes per pound, or until juices run clear. Baste frequently with the drippings.

While the chicken is roasting, gently sauté the onions in the oil until they are soft. Add the raisins and spices and cook for a few minutes. Melt the sugar in the grape juice and vinegar; add this to the onion and raisins. Simmer all together, covered, for 15 minutes. Next, place in a blender and puree the mixture. Return the mixture to the pan and add the breadcrumbs and enough water to make a slightly thickened sauce. Adjust the seasoning to taste and serve with the roasted chicken meat. Serves 6.

Carrot Pudding

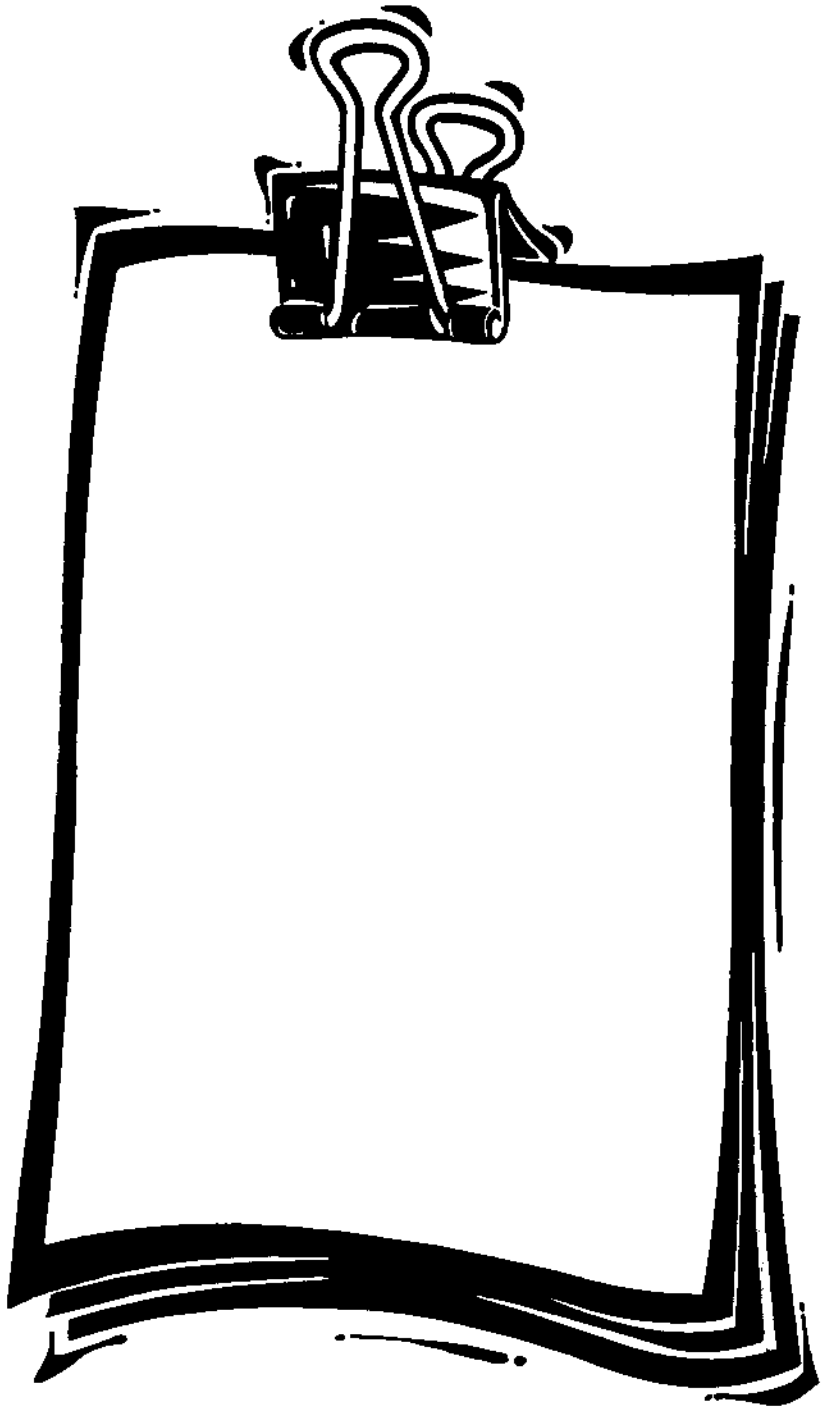
Ingredients:

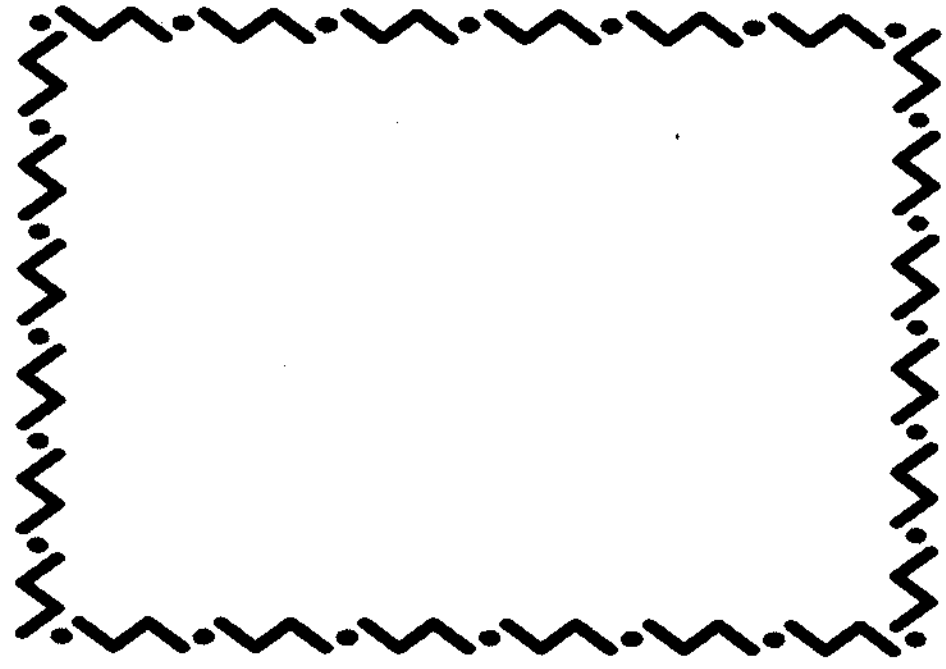
1 1/2 lbs. carrots, sliced
1/4 cup light cream
1 Tbs. butter
1 tsp. sugar
salt and pepper to taste

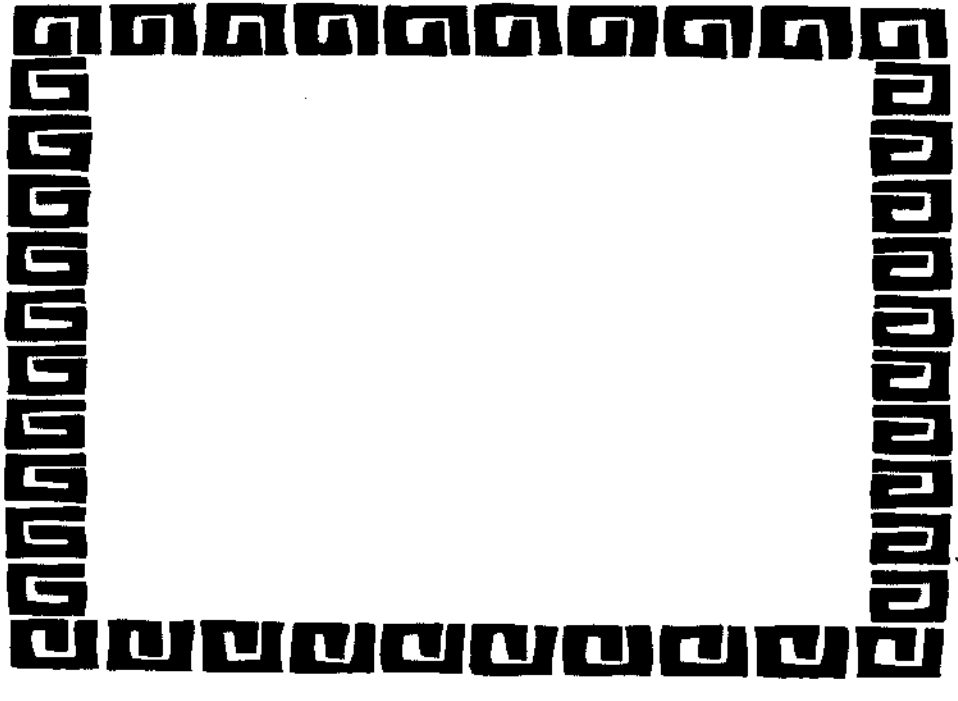
Preparation:

Place carrots in a saucepan, cover with water and boil 10-12 minutes or until very tender. Drain and puree with cream in blender. Melt butter. Add puree and heat over low heat. Add sugar and seasonings. Cook until thickened. Serves 6.

– Be sure to see the other recipe for this section on page 108. –







Chef's Corner

In the recipe for Light Cake the meringue calls for cream of tartar. This is a very important ingredient and here is why. Cooking is an art, but is also a chemical process. Cream of tartar isn't really cream at all. It is a mildly acidic salt produced from grapes. When you beat egg whites, the addition of a little acid (cream of tartar) helps break down the proteins in the egg. As the proteins break down, the air is more easily incorporated. What is the result? Fluffier, higher, more voluminous meringue! In general, the proportion is 1/8 tsp. cream of tartar for every 1 egg white.

Light Cake

Ingredients:

1 1/2 cups confectioners' sugar
1 cup cake flour
1 1/2 cups egg whites (approximately 1 dozen)
1 1/2 tsp. cream of tartar
1 cup sugar
1 1/2 tsp. vanilla
1/2 tsp. almond extract
1/4 tsp. salt
3 cups heavy cream
1/3 cup confectioners' sugar
3 cups crushed pineapple, drained
1 cup strawberries, sliced
1/4 cup shredded coconut
1/2 cup blueberries
1 kiwi

Preparation:

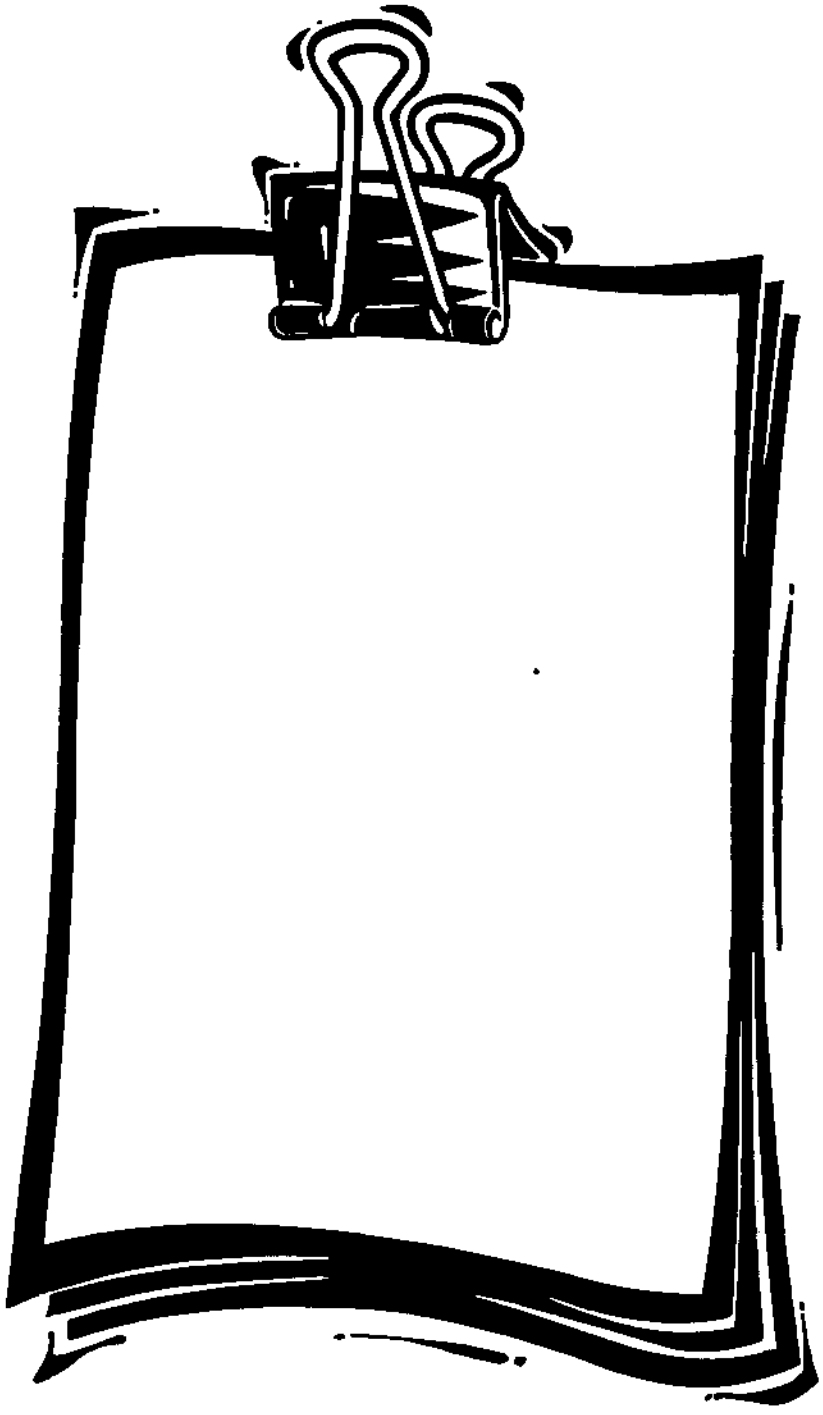
Preheat the oven to 375°. Combine 1 1/2 cups confectioners' sugar and flour in a large bowl; set aside. Beat the egg whites and cream of tartar in 3-quart bowl on medium speed until foamy. Beat in the sugar on high speed, a few tablespoons at a time. When all the sugar has been added, add the vanilla, almond extract and salt. Continue beating until stiff and glossy. This mixture is your meringue.

Sprinkle the confectioners' sugar and flour mixture, 1/3 cup at a time, over the meringue. Fold in just until incorporated. Do not overmix or the air in the egg whites will escape.

Spread the cake batter in an ungreased tube pan (10"x4"). Gently pull the spatula through the batter to remove any large air pockets. Bake until the cake cracks and the top springs back to the touch (about 30 minutes). Allow to cool for 10 minutes. Invert and cool completely; remove from pan.

Starting 1" down from top, slice the top from cake. Lay aside to use later. Using a serrated knife and a spoon, cut out the inside of the cake, leaving a wall around all sides. Do not cut through to the bottom. You will be using the cavity for the filling.

Whip the cream and 1/3 cup confectioners' sugar until slightly stiff peaks form. Using half the cream, gently fold in the fruit and coconut, leaving out a few blueberries and the kiwi for the top. Stuff the cavity with this fruit filling. Replace the top you cut away earlier. Spread the remaining whipped cream on top and sides of cake; sprinkle a few blueberries around and decorate with overlapping slices of the thinly cut kiwi. Decorate with any other fruit you prefer, and chill for a minimum of 4 hours.



Your children will love to make these chicken fingers and you can fry them. Then go to the library and find a book full of adventure to share together.

Chicken Fingers

These tender bites of chicken are delicious plain, with mustard and ketchup or with country gravy!

Ingredients:

4 skinless, boneless chicken breasts
1 cup all-purpose flour
1/2 tsp. salt
1/4 tsp. pepper
3/4 cup milk
vegetable oil

Preparation:

Cut chicken into 1/2"x2" strips. Mix flour, salt and pepper in a shallow bowl. Dip chicken in milk. Roll in flour mixture to coat well. Place chicken on waxed paper. Pour 1/4" of oil into a large heavy skillet. Heat over medium-high heat to 350°. Divide chicken into batches. Place chicken in an even layer in hot oil. Fry, turning once, for about 3 minutes on each side or until golden brown and crisp. Drain on paper towels. Serve hot. Serves 4.

Gravy

Ingredients:

1 Tbs. butter or margarine
2 Tbs. flour
1 1/2 cups milk
1 tsp. beef bouillon granules
1/2 tsp. dried marjoram
1/4 tsp. thyme
1/8 tsp. pepper

Preparation:

Melt butter in small saucepan over medium heat. Add 1/2 cup milk and whisk in flour slowly until well blended. Add rest of milk and bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low. Add rest of ingredients. Simmer uncovered for 5 minutes, stirring occasionally. The sauce will thicken. Serves 4.

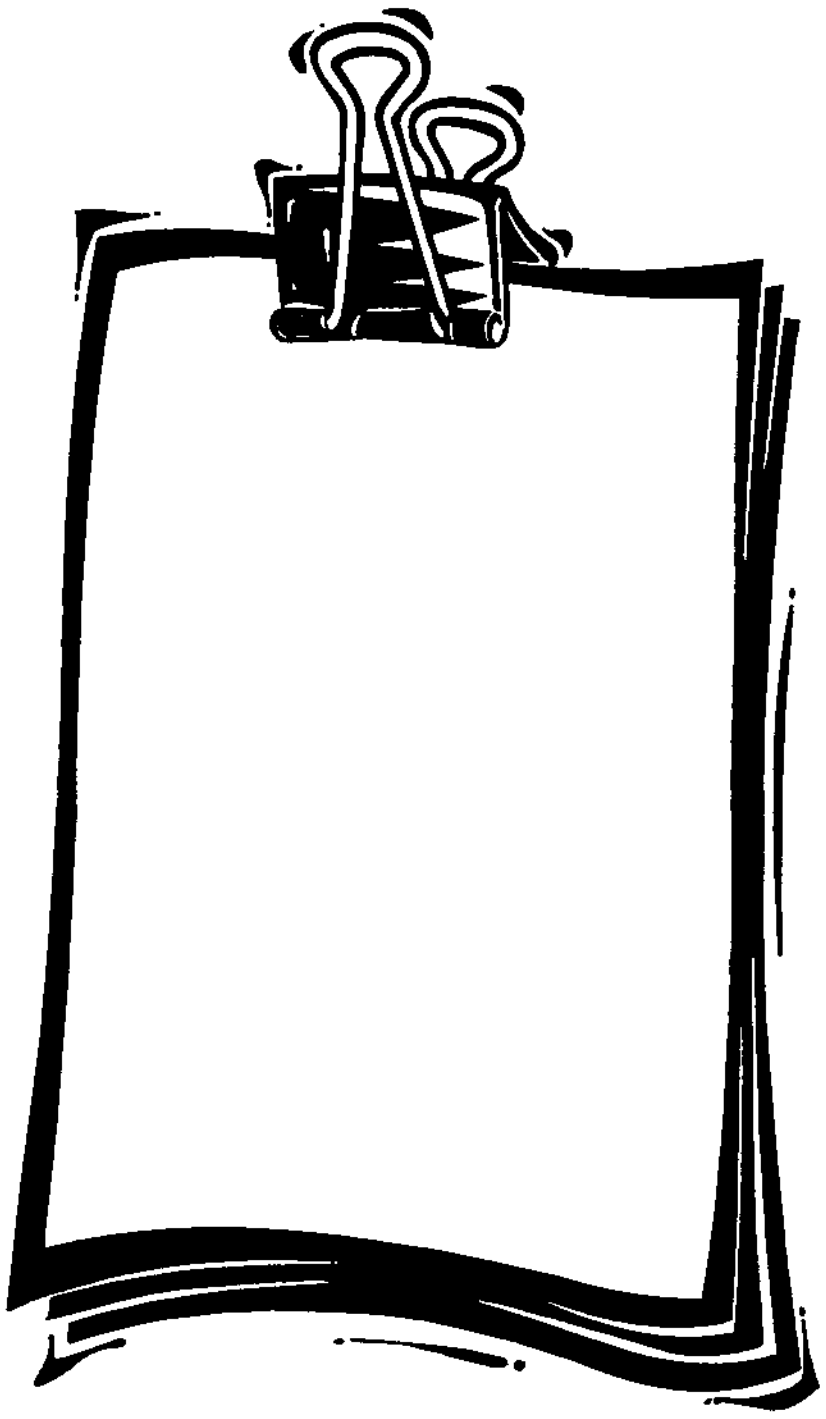
Butterscotch Pudding

Ingredients:

2/3 cup brown sugar
2 Tbs. cornstarch
1/8 tsp. salt
2 cups milk
2 egg yolks, beaten
2 Tbs. butter or margarine
1 tsp. vanilla

Preparation:

Mix the brown sugar, cornstarch and salt in a 2-quart saucepan. Gradually add the milk and stir. Cook over medium heat until mixture thickens and boils, stirring continuously. Boil and stir for 1 minute. Stir at least 1/2 of the hot mixture into the egg yolks, a little at a time. Stir the egg mixture into the hot mixture in saucepan. Boil and stir an additional 1 minute. Remove from heat and stir in butter and vanilla. Pour into serving dish, cool for 1 hour and then chill for at least 3 hours. Serves 4.



Country cooking is a favorite any time. Try these recipes to create a luscious meal and learn more cooking techniques.

Chicken Stew

Ingredients:
1 lb. skinless, boneless chicken breasts, cut into bite-size pieces
1 lb. skinned, boned chicken thighs, cut into bite-size pieces
2 cups water
1 cup frozen small whole onions
1 cup sliced celery (1/2")
1 cup thinly sliced carrot
1 tsp. paprika
1/2 tsp. salt
1/2 tsp. rubbed sage
1/2 tsp. dried thyme
1/2 tsp. pepper
1 (14 1/4 oz.) can chicken broth
2 cups halved mushrooms
1 (6 oz.) can tomato paste
2 cups frozen green peas
1/4 cup water
3 Tbs. cornstarch

Preparation:
Combine first 14 ingredients in a large electric slow cooker. Cover with lid, and cook on high-heat setting for 4 hours or until carrot is tender. Combine 1/4 c. water and cornstarch in a small bowl, stirring with a wire whisk until blended. Add cornstarch mixture and peas to slow cooker; stir well. Cover and cook on high-heat setting an additional 30 minutes. Serves 8.

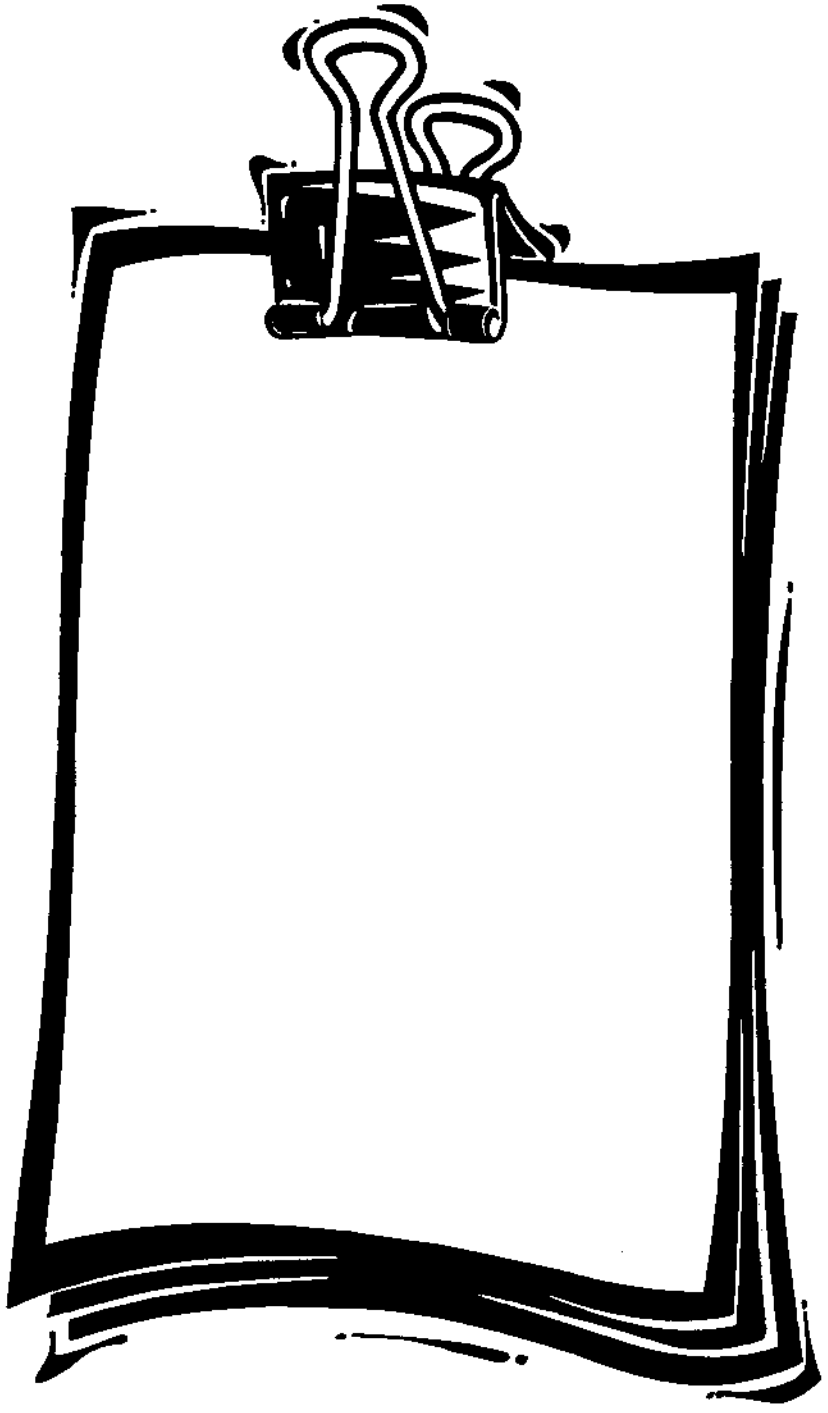
Ham and Cheese Biscuits

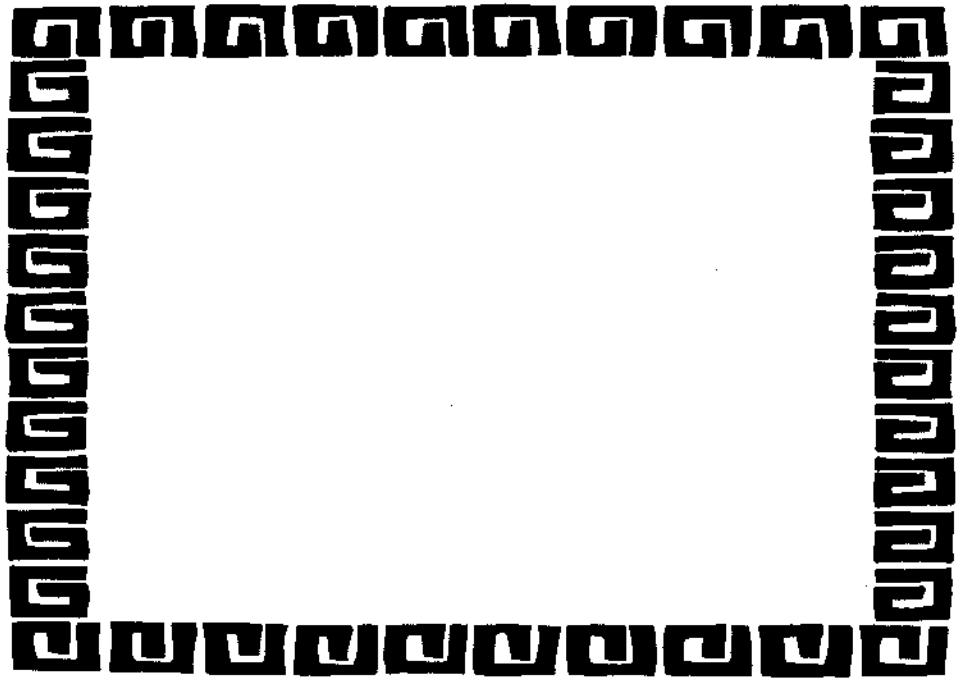
Ingredients:
1 cup plus 1 tsp. vegetable shortening
4 cups plus 2 Tbs. all-purpose flour
1 1/2 Tbs. baking powder
1/8 tsp. ground black pepper
1 tsp. salt
4 oz. country ham, diced small
1 cup grated cheddar cheese
2 cups milk

Preparation:
Preheat oven to 350°. Lightly grease a baking sheet with 1 teaspoon of shortening. In a large mixing bowl, combine 4 cups flour, baking powder, pepper, salt, ham and cheese. Mix well. Add the remaining shortening and work it into the dry ingredients, using your hands, until the mixture resembles coarse crumbs. Fold in 1 1/2 cups of the milk. The dough will be sticky. (If you think it needs more milk, add the remaining 1/2 c., 1 Tbs. at a time.) Dust your work surface with 1 Tbs. of the flour.

Turn the dough onto the floured surface. Gently fold each side towards the center. Pick up the dough and dust the work surface with the remaining 1 Tbs. flour. Return the dough to the floured surface and fold each side towards the center again. Turn the dough over and light press it out to a 1" thickness. Cut the biscuits using a 2 1/4" round cookie cutter. Place them on the baking sheet and bake until golden, about 30 minutes. Makes 12-16 biscuits.

– Be sure to see the other recipe for this section on page 114. –





Praline Pumpkin Pie

Ingredients:

2 cups all-purpose flour, divided
3 1/2 Tbs. ice water
1 tsp. granulated sugar
1/4 tsp. salt
3 Tbs. vegetable shortening
nonstick cooking spray
1 (15 oz.) can pumpkin
1 cup 2% low-fat milk
1/2 cup packed brown sugar
1 Tbs. all-purpose flour
3 Tbs. maple syrup
1 tsp. ground cinnamon
1/2 tsp. salt
1 1/2 tsp. vanilla extract
1/4 tsp. ground nutmeg
1/4 tsp. ground allspice
2 large egg whites, lightly beaten
1 large egg, lightly beaten
1/3 cup chopped pecans
1/4 cup packed brown sugar
1 1/2 tsp. maple syrup

Preparation:

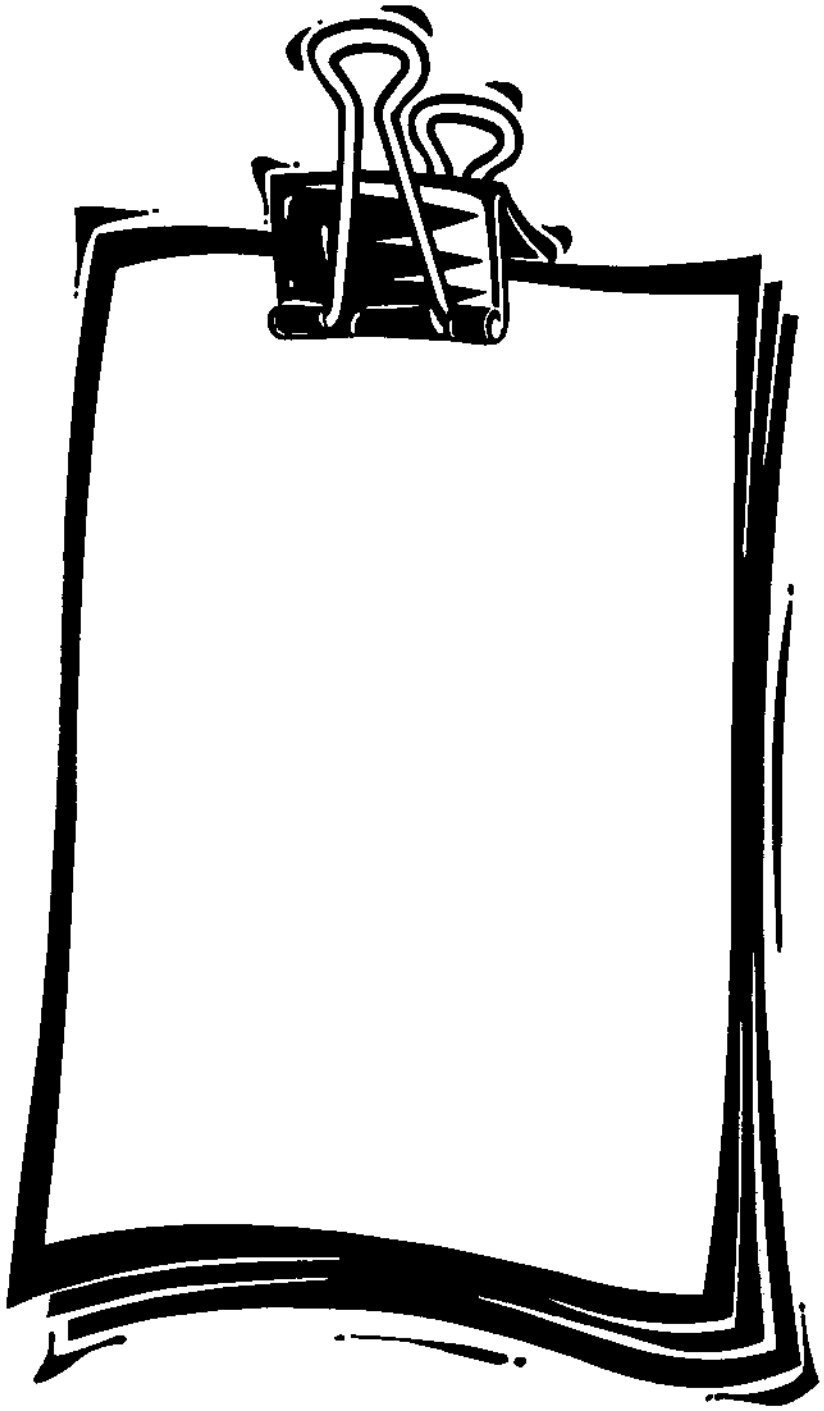
Preheat oven to 400°. Combine 1 1/4 cup flour and ice water. Whisk until well-blended. Set aside.

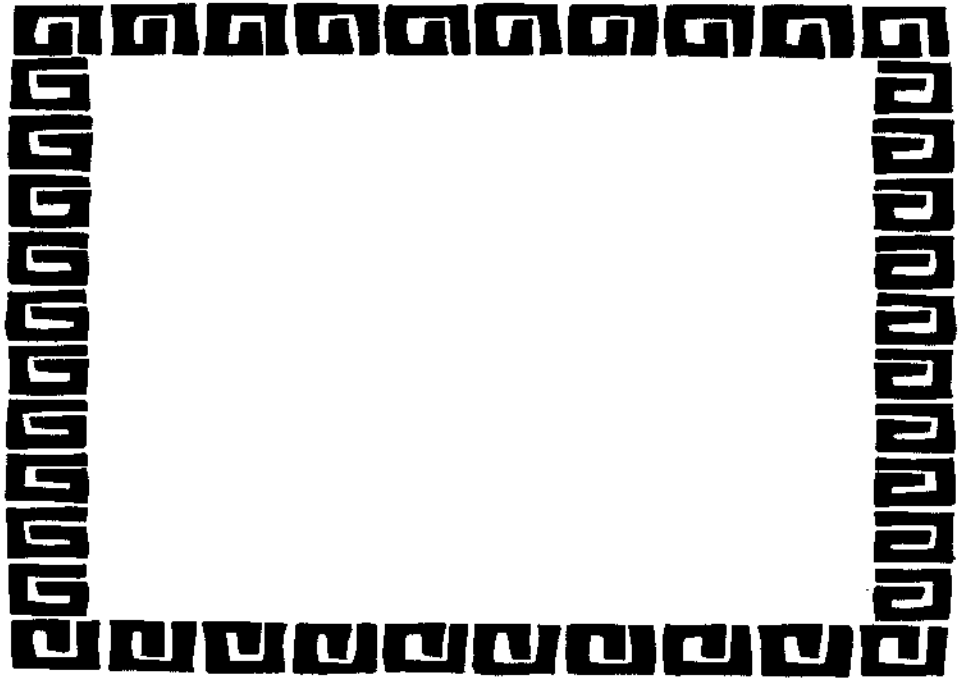
Combine 3/4 cup flour, granulated sugar and 1/4 tsp. salt in a bowl. Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add ice-water mixture. Mix with a fork until flour mixture is moist. Gently press mixture into a 4" circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, into an 11" circle. Chill 10 minutes or until plastic wrap can be easily removed.

Fit dough into a 9" pie plate coated with cooking spray. Fold edges of dough under and flute. Pierce bottom and sides with a fork. Place a 10" square of foil over dough. Place dry beans or rice evenly over foil. (The beans or rice will help weigh down the crust and prevent bubbles.) Bake at 400° for 5 minutes. Cool on a wire rack. Remove foil and pie weights.

Combine pumpkin and the next 11 ingredients. Stir well with a whisk. Pour into crust. Bake at 400° for 15 minutes. Reduce heat to 325° for 30 minutes more. If the crust browns too quickly, cover the edges with aluminum foil.

Combine nuts, brown sugar and syrup. Sprinkle over pie; bake an additional 15 minutes or until filling is set. Cool completely on a wire rack.





While some foods are rich and fit for a celebration, other foods are more basic, made with ordinary staple items. These meals are plain, but homey—warm and nourishing. Try some of the everyday recipes listed and draw close together.

Red Beans and Rice

Ingredients:
1 lb. dry red kidney beans
water to cover beans
2 ham hocks for flavoring (optional)
2 1/2 cups finely chopped celery
2 cups finely chopped onions
2 cups finely chopped green bell peppers
5 bay leaves
2 tsp. pepper
2 tsp. dried thyme leaves
1 1/2 tsp. garlic powder
1 1/2 tsp. oregano leaves
1 tsp. red pepper (cayenne)
1 Tbsp. Tabasco® sauce (optional)
salt to taste (1-2 tsp.), added when beans are nearly done
1 lb. Polish sausage, cut into 3/4" pieces
4 cups hot cooked rice

Preparation:
Sort and wash beans well. Cover beans with water 2" above beans and soak overnight. Drain just before using.

Place ham hocks, beans, vegetables and seasonings (except salt) in stockpot with ample water to cover beans by 1-2". Bring to a boil; reduce heat and simmer for 1 1/2 hours or until beans are tender but not falling apart.

Remove ham hocks and pick meat from bone. Add salt to beans at this time. Add sausage and continue cooking until beans start to break up. Add ham meat and serve immediately over hot cooked rice. Serves 6.

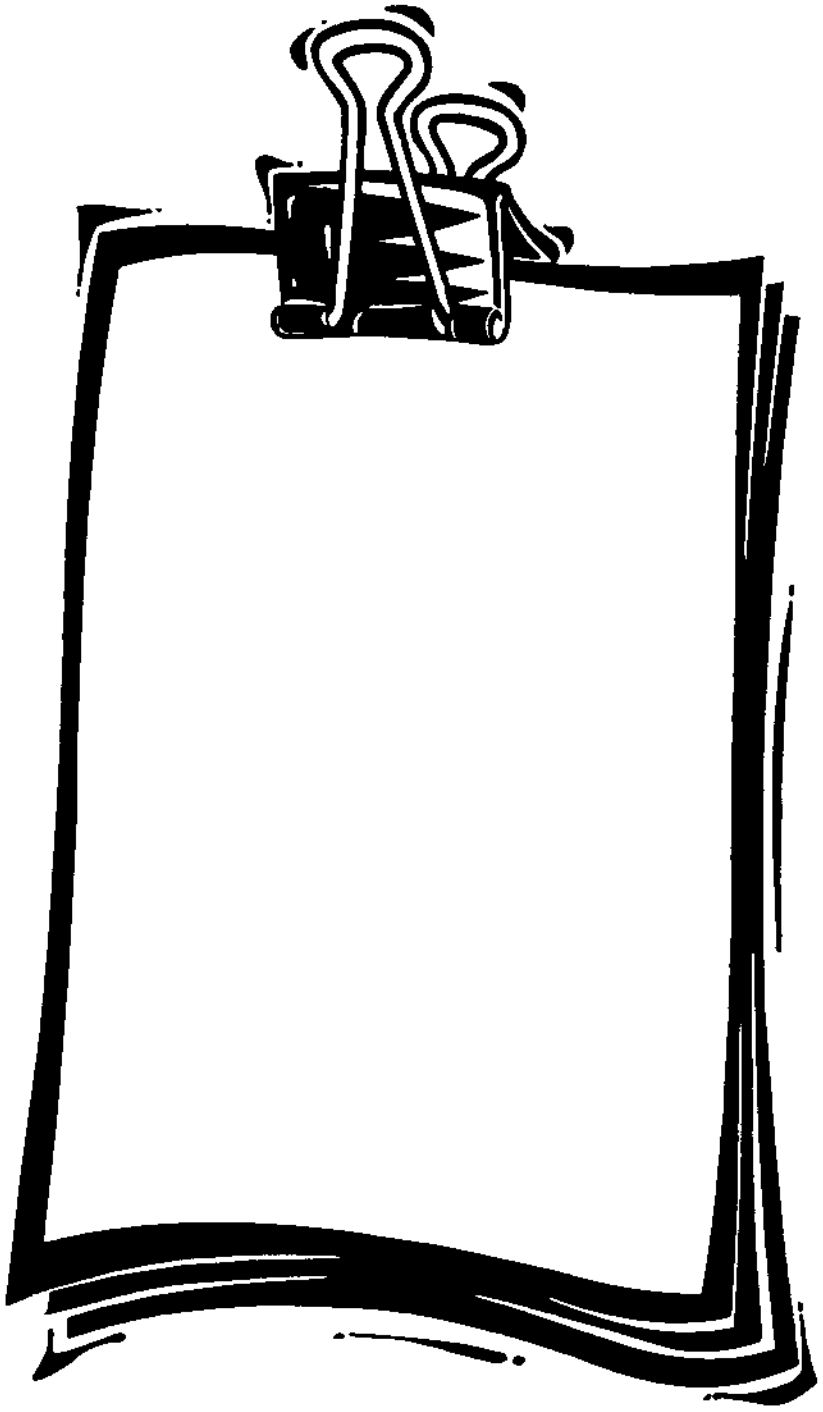
Collard Greens

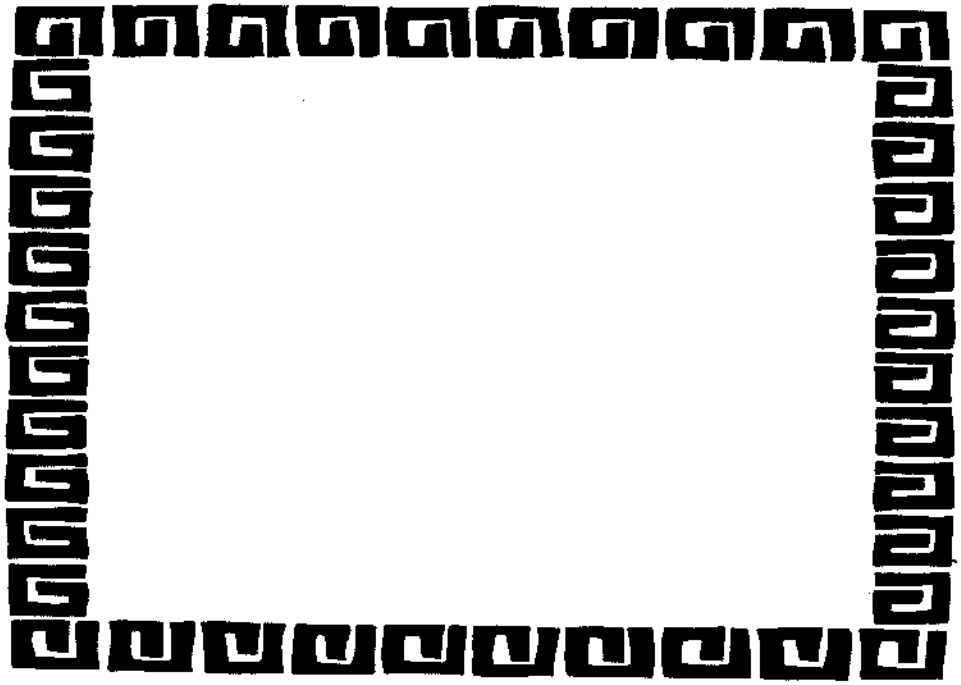
Collard greens are an authentic Southern side dish. They are available at most grocery stores pre-washed and bagged.

Ingredients:
1/2 lb. bacon, diced
4 quarts collard greens
6 quarts water
1 tsp. Tabasco® sauce
2 Tbs. granulated sugar
1/3 cup cider vinegar
salt and pepper to taste

Preparation:
Brown bacon evenly in a large pot. Add collard greens and 6 quarts water. Bring to a boil, then reduce heat to low, and simmer until greens are tender, approximately 2 hours. While greens are cooking, add more water as necessary. Cooked greens should be army green. There should be a quart or so of liquid in the pot when fully cooked. Stir in remaining ingredients, and heat to warm. Serve immediately. Serves 6.

– Be sure to see the other recipe for this section on page 118. –





Lemon Chess Pie

A favorite throughout the South, chess pie takes its name from the description given by a cook who was asked what sort of pie it was, and replied, "It 'jes pie, honey."

Ingredients:

1 9" unbaked pie shell (frozen, refrigerated or homemade)
4 eggs (room temperature)
1 1/2 cups granulated sugar
1 Tbs. white cornmeal
1 Tbs. all-purpose flour
1/4 tsp. salt
1 Tbs. finely grated and chopped lemon zest
1 tsp. vanilla extract
1/3 cup butter, no substitute
1/3 cup fresh lemon juice
1/2 cup buttermilk, at room temperature
seasonal berries and whipped cream to garnish, as desired

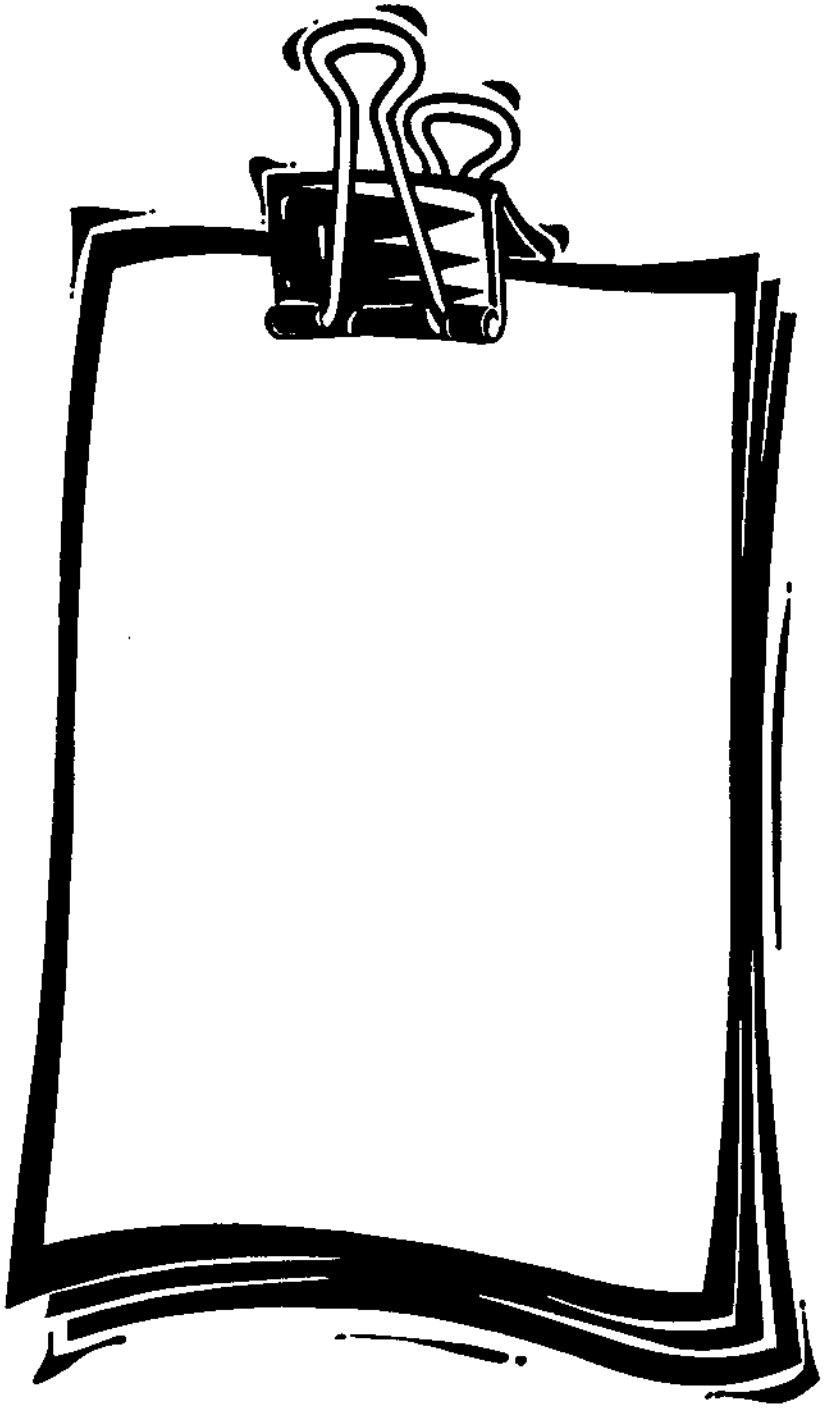
Preparation:

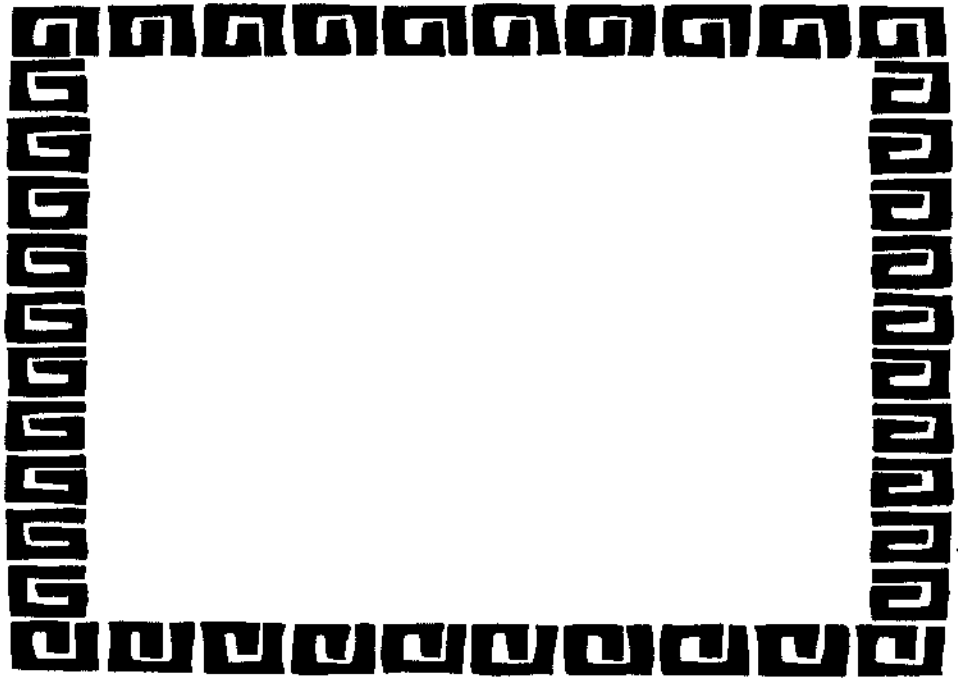
Preheat oven to 350°. In a microwave safe bowl, melt the butter and then cool to room temperature. To prepare the filling, crack 4 eggs into a small bowl, and beat with a whisk. Mix in 1 1/2 cups granulated sugar.

Combine the cornmeal, flour, salt, lemon zest, butter, buttermilk, vanilla and lemon juice into this mixture. (NOTE: It is important that all ingredients be at room temperature before mixing so the butter doesn't solidify by the addition of cold ingredients.)

Prepare pie shell. Pour filling into pie shell. Place in preheated oven on middle rack. Bake for approximately 35-40 minutes. The pie is finished baking when the top is golden, the filling has set, and the crust is a beautiful golden brown.

Transfer to a cooling rack where it should cool completely. Serve with whipped cream and fresh berries.





The recipes for this menu were chosen with a nature theme in mind. The leafy green salad with fresh vegetables, the smoothie with fresh delicious fruit and the sandwich wrap with olives, tomatoes and lettuce. The sandwich wrap is an 'on-the-go meal' for those days spent outside looking at all the natural wonders. Find some beautiful birch bark, some smooth stones, a few leaves and decorate your table with a nature theme, too.

Sandwich Wrap

Ingredients:
4 (6") flour tortillas (taco-sized)
4 Tbs. mayonnaise
4 large lettuce leaves, torn into thirds
4 heaping Tbs. sliced black olives
8 slices cooked bacon, well-drained and broken into pieces
1 cup diced fresh tomato
1 cup shredded Wisconsin Colby cheese

Preparation:
Spread the tortilla with the mayonnaise, leaving a little room around the tortilla edges. Lay the lettuce pieces evenly over the mayonnaise. Sprinkle the black olives, bacon, tomato, and Wisconsin Colby cheese evenly over the tortilla. Roll up, placing on plate, seam side down. Can be eaten immediately or refrigerated. Makes 4 wraps.

Spinach Salad

Ingredients:
1/4 cup cider vinegar
1/3 cup vegetable oil
1 lb. spinach, torn into bite-sized pieces
8 oz. sliced mushrooms
4 red onion slices, separated into rings
2 slices bacon, cooked and crumbled
1 hard-boiled egg, chopped
1 orange, sliced

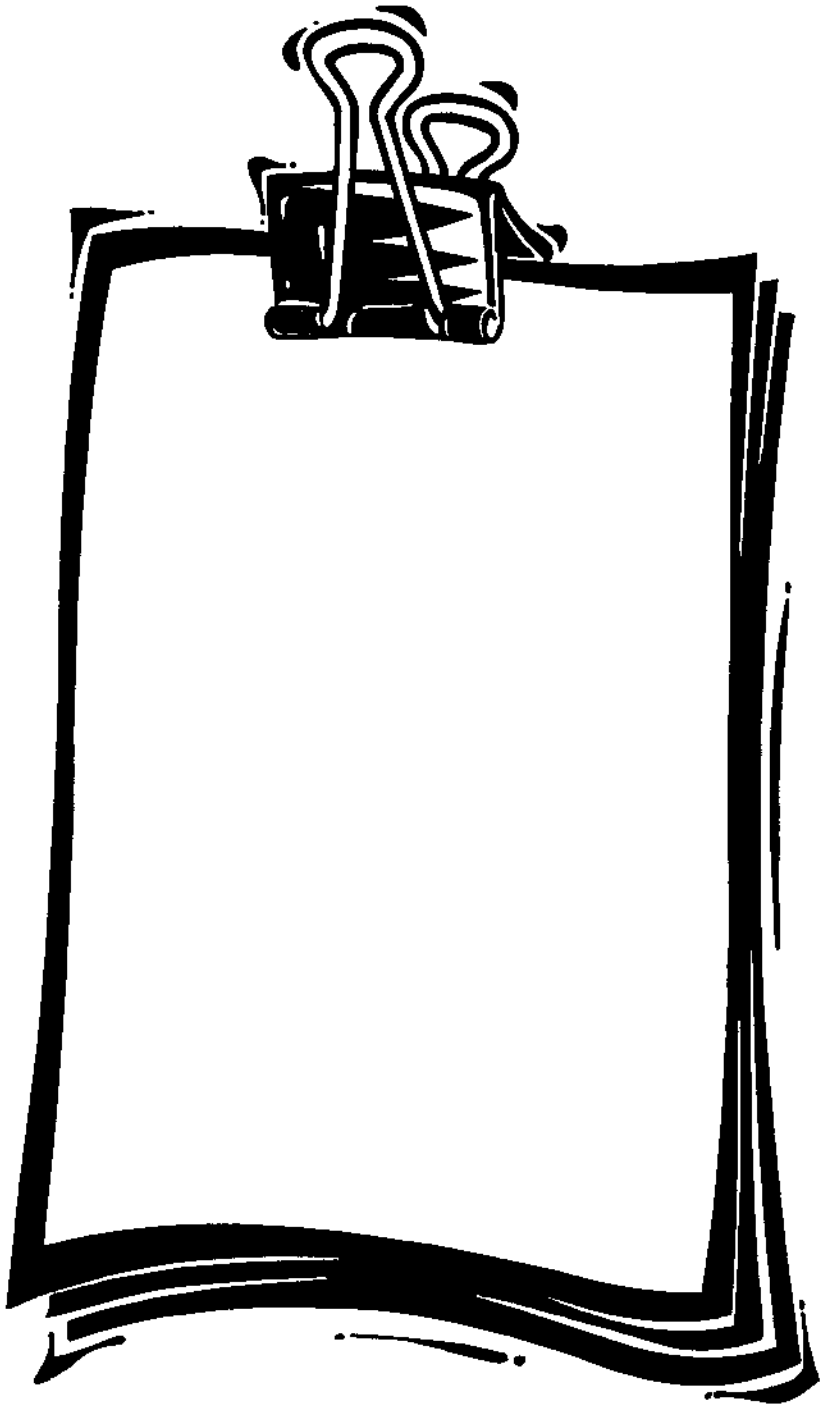
Preparation:
Mix oil and vinegar and toss with spinach, onions, and mushrooms. Add bacon and egg. Garnish with orange slices. Serves 4.

Fruit Smoothie

To make your juicy fruit smoothie even healthier, add 1/3 cup of dry nonfat milk powder. This will double the calcium!

Ingredients:
1 (6 oz.) can frozen orange juice concentrate
1 large ripe banana, sliced (1 cup)
1 cup fresh or frozen strawberries
1 cup skim milk
1 cup water
2 Tbs. honey
5 ice cubes

Preparation:
Combine orange juice concentrate, banana, strawberries, skim milk, water and honey in the container of an electric blender. Cover. Whirl at high speed until thick and smooth, about 1 minute. Add ice cubes, one at a time, and blend until smooth and frothy. Garnish with a whole strawberry, if you wish. Makes 4 smoothies.



Wheat is primarily grown in Canada and the heartland of the United States. It plays a key role in many foods. Here is a recipe for a delicious whole wheat bread and a salad made with cracked wheat.

Chef's Corner

Tabouli (or Tabbouleh–pronounced Tuh-BOO-ley) is a delicious, chilled grain salad with infinite variations. Often made from bulgur or cracked wheat, Tabouli can also be made with brown or white rice. It is an excellent 'make–ahead' dish for a party or picnic and can be served alongside a meat or fish course. (Tabouli is a common Middle–Eastern food, but we've included it here because it's made from wheat.)

Whole Wheat Bread

Ingredients:

2 (1/4 oz.) pkgs. dry yeast (about 5 tsp.)
3 cups warm water
2 Tbs. honey
1 cup white flour
6-7 cups whole wheat flour
3 Tbs. safflower oil
1 Tbs. salt
1 egg and 1 Tbs. milk, beaten together, for egg wash

Preparation:

Dissolve the yeast in the water in a large bowl. Add honey, white flour and 2 cups of the whole wheat flour. Beat vigorously with a spoon to form a smooth batter. Cover and set aside to rise in a warm place for 40 minutes.

Stir in the oil and the salt. Fold in about 3 cups whole wheat flour, 1 cup at a time, turning the bowl a quarter of a turn between folds. When the dough is too thick to add any more flour, turn onto a floured work surface and knead for 5-8 minutes, adding only enough flour to make a smooth elastic dough.

Place the dough in an oiled bowl and turn it over so that the top is coated with oil. Cover and rise in a warm place for about 45 minutes until doubled in size.

Punch the dough down and leave for a further 35 minutes or so to rise again. Shape the dough into 2 loaves and let them rise in the oiled pans 30 minutes more or until doubled in size.

Preheat oven to 350°. Brush the tops of the loaves with the egg wash. Bake for about 1 hour or until browned. Remove from oven and turn onto rack to cool.

Tabouli

Ingredients:

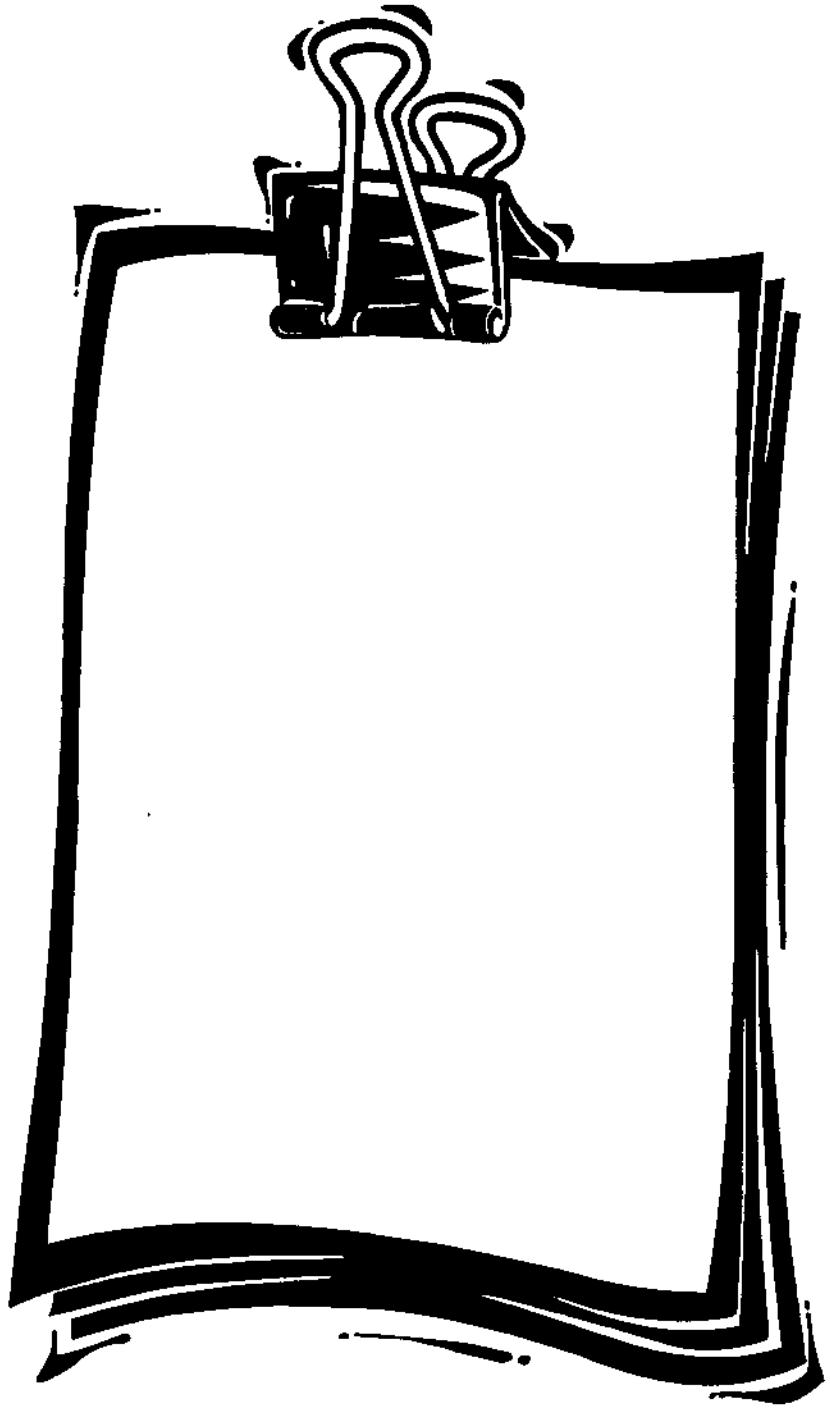
1 cup bulgur (cracked wheat–available in grocery and health food stores)
1/4 cup chopped fresh mint
1/2 cup boiling water
1 Tbs. finely chopped parsley
1 plum tomato, skinned, seeded and chopped
2 scallions (green onions), finely diced
1/2 green pepper, diced
1 Tbs. lemon juice
1 Tbs. olive oil
1/2 stalk celery, diced
1/4 tsp. salt
1/4 tsp. pepper

Preparation:

Place bulgur in a small bowl; pour boiling water over the bulgur and let it soak 10-15 minutes. Drain and squeeze dry. Place bulgur in a serving bowl and add scallions, green pepper, celery, parsley, mint and tomato. Toss to mix.

In a screw-top jar, combine lemon juice, olive oil, salt and pepper. Shake to mix. Pour over bulgur mixture. Toss to mix. Chill overnight. Serves 4.

(This may not be a favorite of very young children at first, but introducing interesting new foods now and then will help broaden their tastes eventually. Keep it fun–just a try!)



Here are some ideas for meals that were popular long before modern ways came to the isolated people of the mountains.

Baked Creamy Chicken

Ingredients:

1 (3-4 lb.) chicken, cut in pieces
1/2 cup flour
1/2 tsp. paprika
1/4 tsp. ground black pepper
1/4 cup hot water
1/2 cup nonfat dry milk powder
margarine

Preparation:

Preheat the oven to 350°. Dip each chicken piece in water. Coat with the mixture of flour, paprika and black pepper. Put the pieces of chicken skin side down in a 9"x13" baking dish. Dot each piece of chicken with margarine. Bake for 30 minutes. Mix the hot water with the milk powder and pour around the chicken. Bake for 1 1/4 hours longer. Serves 4-6.

Steamed Mountain Broccoli

Ingredients:

1 head of broccoli, chopped into flowerets
1 clove garlic, minced
3 Tbs. olive oil
3 Tbs. fresh lemon juice
salt to taste

Preparation:

Steam broccoli until tender, 6-8 minutes. Heat the oil in a nonstick skillet over medium heat. Add the garlic and sauté 1 minute. Add the cooked broccoli, lemon juice and salt. Cook briefly to combine and thoroughly heat. Serves 4-6. (Those lemons must have come by way of the traveling peddler.)

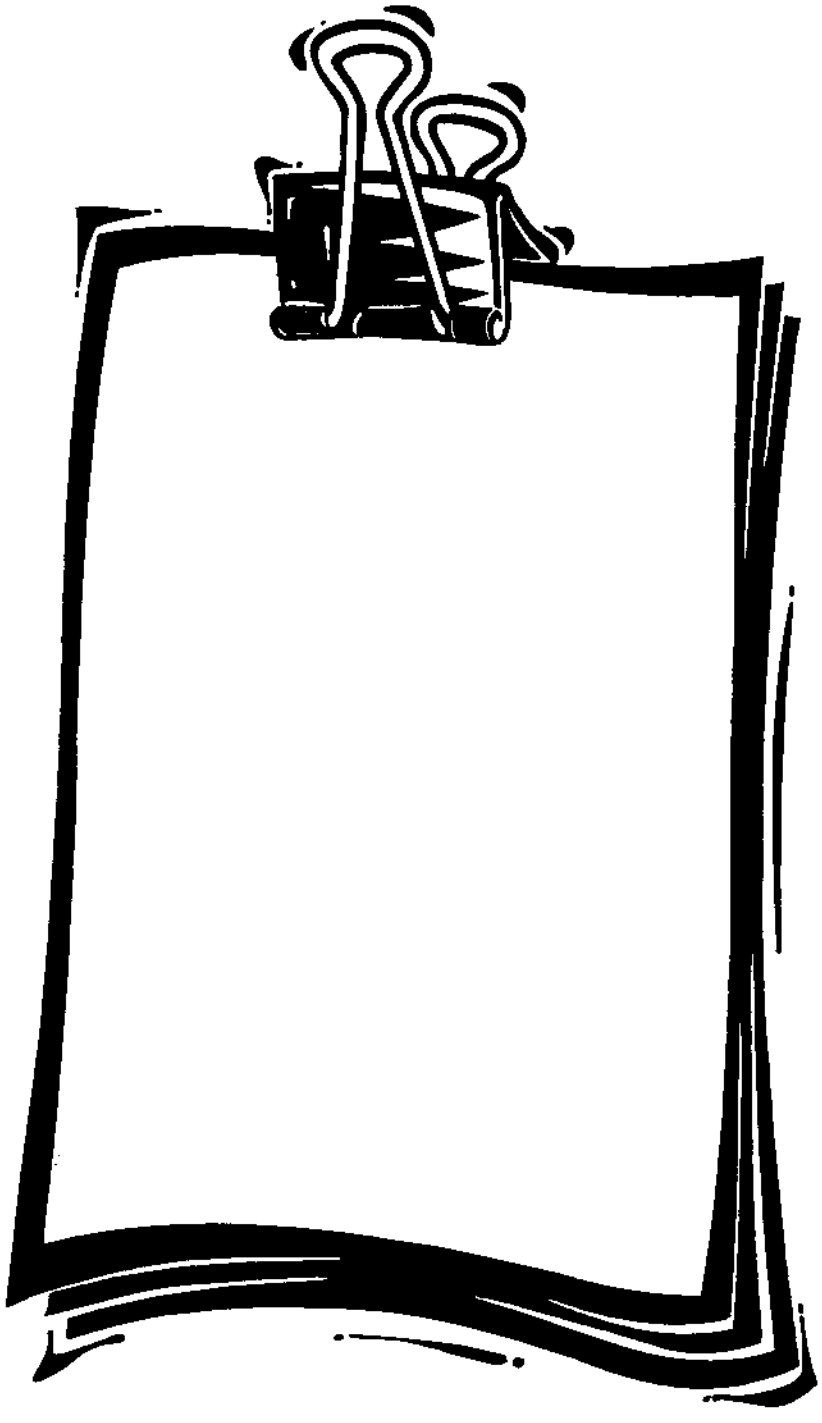
Soft Sugar Cookies

Ingredients:

2 cups sugar
2 large eggs
1/2 lb. (1 c.) butter
1 cup buttermilk
1/8 tsp. nutmeg
1/8 tsp. salt
1 heaping tsp. baking soda
1 tsp. baking powder
5 cups all purpose flour

Preparation:

Preheat oven to 375°. Dissolve baking soda in the buttermilk. Cream together the sugar, eggs and butter. Mix the flour, nutmeg, salt and baking powder together. Add to the creamed mixture. Mix thoroughly. Roll to about 1/4" thickness on a floured surface. Cut with a cookie cutter. Sprinkle extra sugar on top of cookies. Bake for 8-10 minutes. Cool and serve. Makes about 36 cookies.



Pizza is such a versatile food and it is so much fun to make. Everyone can have a part from the kneading of the dough, to the chopping and preparing of the topping ingredients. And, of course, everyone can enjoy eating the pizza!

Pizza Crust

Ingredients:

3/4 cup warm water (110°-115°)
1 (1/4 oz.) pkg. active dry yeast (2 1/2 tsp.)
2 cups all-purpose flour
1 1/2 tsp. salt

Preparation:

In a large bowl stir together water and yeast and let stand until foamy, about 5 minutes. Stir in flour and salt and blend until mixture forms a dough, adding an additional tablespoon of water if too dry. On a lightly floured surface knead dough about 10 minutes, or until smooth and elastic.

Put dough in a very lightly oiled deep bowl, turning to coat, and let rise, covered loosely, in a warm place 1 1/2 hours or until doubled in bulk. Punch down dough and divide into 2 equal pieces. Roll each piece out into a 14" circle. Let rise for an additional 30 minutes, before putting on sauce and toppings. Makes 2 crusts.

Pizza Sauce

Ingredients:

1 (15 oz.) can tomato puree
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder
1/4 tsp. dried basil
1/4 tsp. dried oregano
1/4 tsp. ground thyme

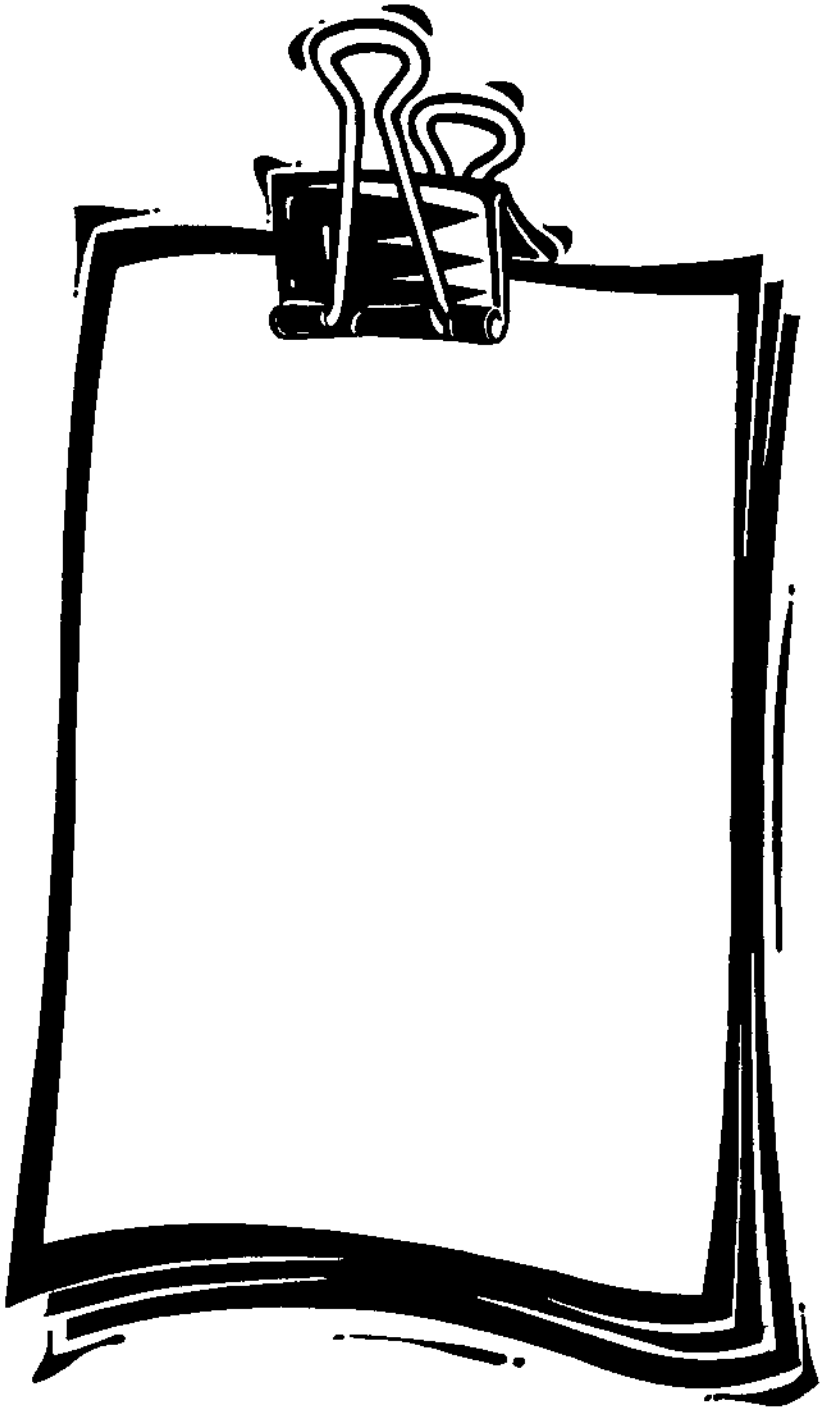
Preparation:

Combine all ingredients in a saucepan over medium heat. When the sauce begins to bubble, reduce heat and simmer for 30 minutes, stirring often. Remove the sauce from the heat and let it cool. Store in refrigerator or use immediately.

Pizza Toppings

There are endless possibilities for pizza toppings! Here are just a few:

pepperoni
Italian sausage
hamburger
Canadian bacon
ham
chicken
green peppers
onions
mushrooms
olives
artichoke hearts
anchovies
pineapple
mozzarella cheese
Parmesan cheese



Whether children find these wonderful foods waiting for them at home or help make these recipes themselves, they will appreciate the warm homey flavors and the knowledge that they have a special family of their own.

Baked Potatoes

Ingredients:
4 large baking potatoes
butter or margarine
salt and pepper

Preparation:
Preheat the oven to 375°. Scrub the potatoes under cold water and pat dry. With a fork, prick the potatoes twice on each side. Lay the potatoes directly on the oven rack and bake until fork tender, about 1 hour. Serve with butter and salt and pepper.

You can make baked potatoes a more complete meal by adding some browned ground beef, onions, cheese, salsa or broccoli.

Bakery White Bread

Ingredients:
1 1/2 cups warm water
1 1/2 Tbs. yeast
1 1/2 tsp. salt
2 Tbs. vegetable oil
1/4 cup white sugar
4-5 cups white bread flour

Preparation:
In a large bowl, combine warm water, yeast, salt, oil, sugar and 2 cups flour. Mix thoroughly, and let sponge rise until doubled in size.

Gradually add about 2 cups flour, kneading until smooth, about 8-10 minutes. Place dough in a greased bowl, and turn several times to coat. Cover with a damp cloth. Allow to rise until doubled.

Preheat oven to 350°. Punch down the dough; let it rest a few minutes. Divide dough into 2 equal parts. Shape into loaves, and place in two 8 1/2"x4 1/2" greased bread pans. Let rise until almost doubled.

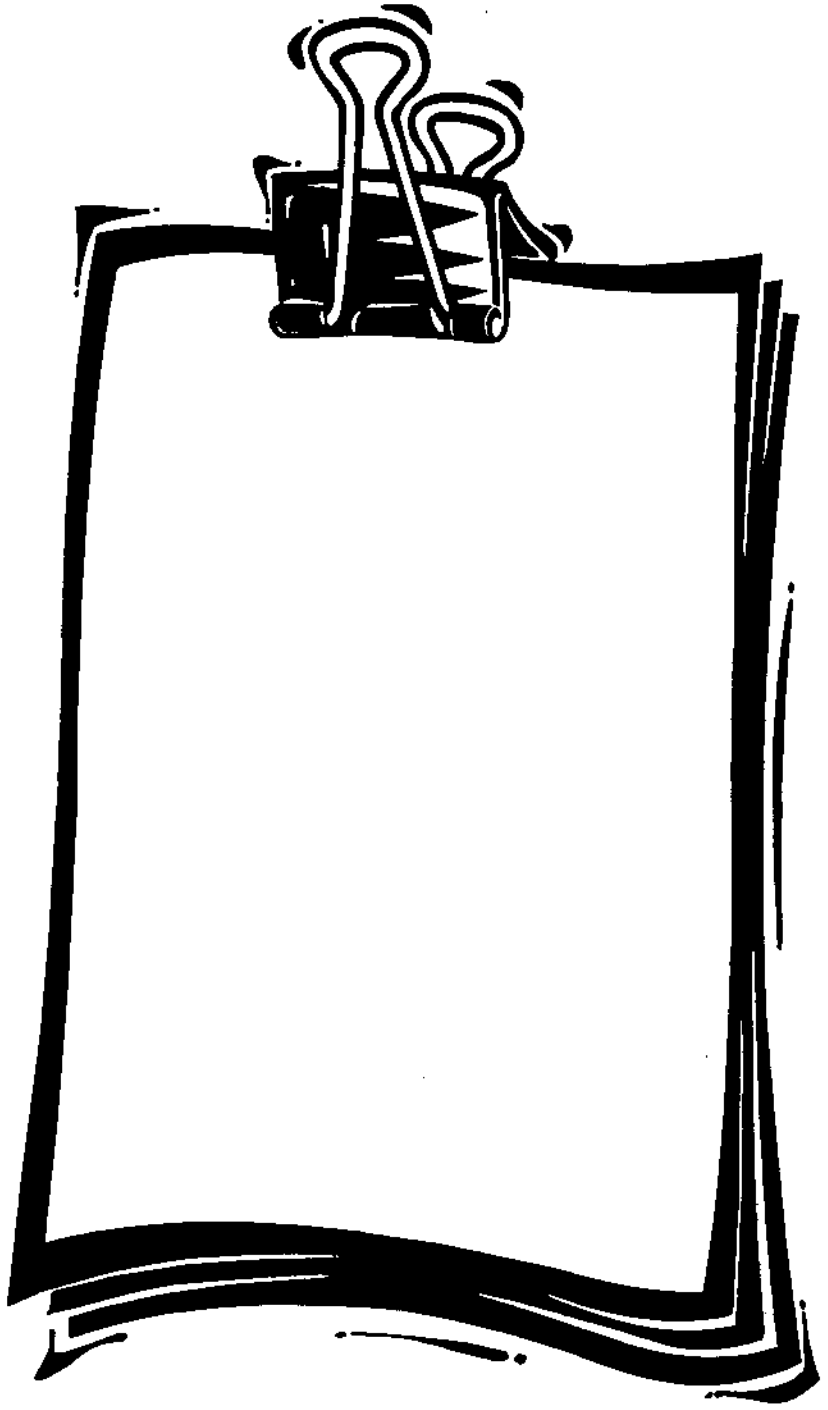
Bake for 35-45 minutes. The loaves may need to be covered for the last few minutes with foil to prevent excess browning. Makes 2 loaves.

Brown Cookies

Ingredients:
3/4 cup shortening
1 cup brown sugar
1 egg
1/2 cup light molasses
2 1/2 cups all-purpose flour
1 tsp. salt
2 tsp. baking soda
1/2 tsp. ground cloves
1 tsp. ground cinnamon
1 tsp. ground ginger

Preparation:
Preheat oven to 350°. Cream together shortening and brown sugar. Stir in egg and molasses and mix well. Fold in dry ingredients and stir. Cover and chill until firm (1-2 hours).

Roll dough into small balls (use a melon baller to help with this) and roll in white sugar. Place on lightly greased cookie sheets. Bake 9-10 minutes. Don't overbake. Leave on cookie sheet 1 minute until set. Makes about 24 cookies.



Typical recipes of the turn of the century (perhaps doctored just a bit with Italian crumbs and special mustard) will delight your family. Perhaps you will have some 'bright ideas' about special table settings and enjoy this menu together as a family while remembering how dedicated inventors have enhanced our lives.

Baked Pork Chops

Ingredients:

2 eggs
3/4 cup Italian dry breadcrumbs
4 tsp. Parmesan cheese
1 tsp. dried oregano
1 tsp. garlic salt
1 tsp. onion powder
4 bone-in pork chops (1/2"-3/4" thick)

Preparation:

Preheat the oven to 325°. In a bowl, beat the eggs. In another bowl, combine the breadcrumbs, oregano, garlic salt and onion powder. Dredge the pork chops in the beaten egg and then coat with the breadcrumb mixture.

Place the pork chops in a greased baking dish. Cover and chill for 30 minutes. Bake uncovered for 1 hour or until juices run clear. Serves 4.

Crisp Pea Salad

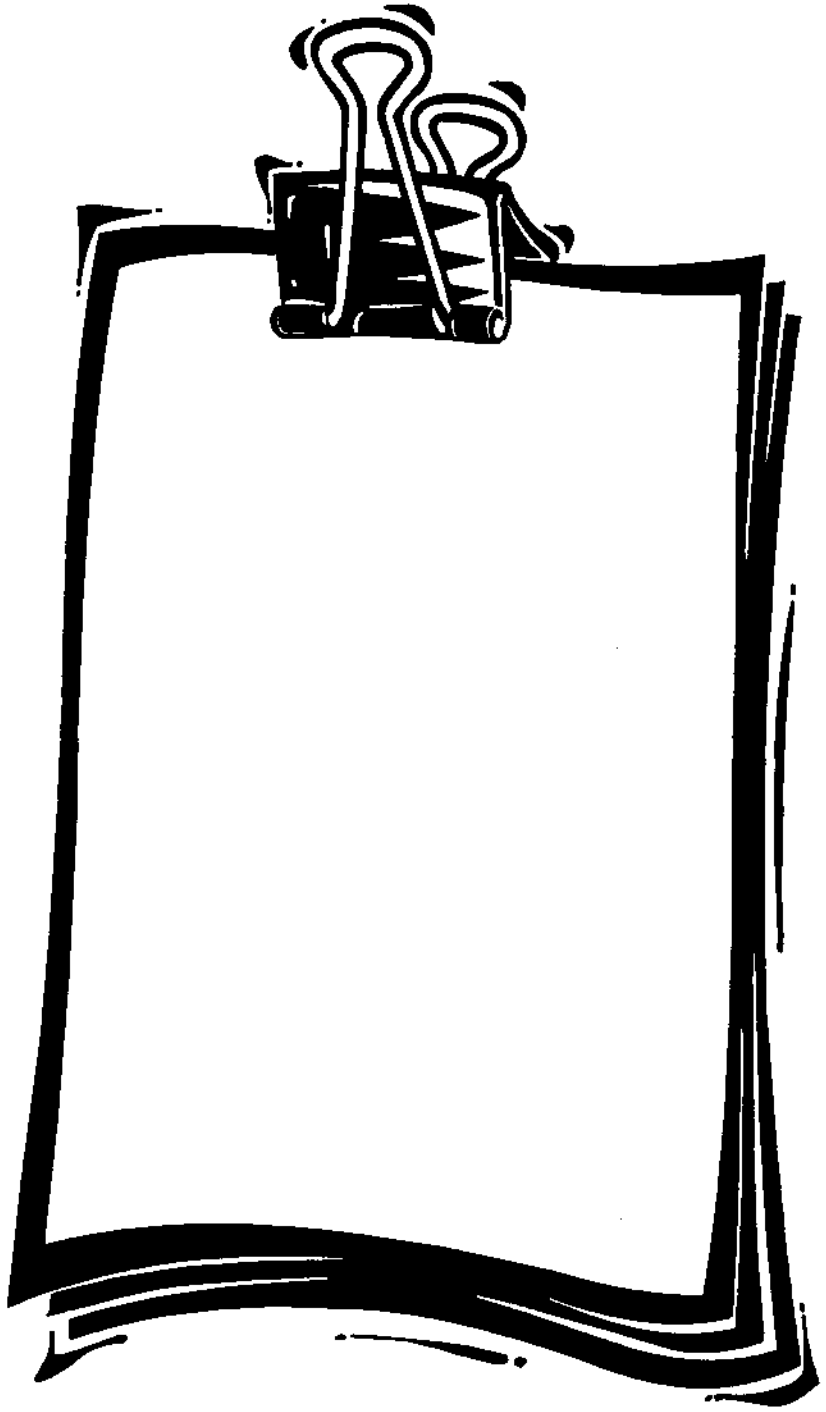
Ingredients:

10 oz. fresh or frozen peas
1/4 cup crisp bacon (crumbled)
1 cup diced celery
1/2 cup sour cream
1/4 cup diced green onion
1 cup cashews or chopped pecans
1/2 tsp. Dijon mustard
1 clove garlic, minced
1 cup ranch salad dressing

Preparation:

Rinse peas in hot water (or steam, if fresh). Drain. Combine vegetables, nuts and bacon with sour cream. Mix dressing, mustard and garlic together. Pour over salad mixture. Toss gently. Chill. Serves 4.

– Be sure to see the other recipe for this section on page 132. –



Make this delicious cake and celebrate inventions!

Nut Cake with Burnt Sugar Icing

Cake Ingredients:

3/4 cup sugar
3/4 cup hot water
3 cups sifted cake flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 1/2 cups sugar
2/3 cup margarine or butter, softened
1/4 c. walnuts, finely chopped
2 egg yolks
1 tsp. vanilla
1 cup cold water
2 egg whites
chopped walnuts for garnish

Burnt Sugar Icing Ingredients:

3/4 cup butter or margarine
1 1/2 cups packed brown sugar
1/3 cup milk
2 Tbs. corn syrup
5 1/2 cups sifted powdered sugar

Cake Preparation:

Preheat oven to 350°. Grease and lightly flour two 8" or 9"x1 1/2" round cake pans and set them aside. For burnt sugar syrup, place the 3/4 cup sugar in a large, heavy skillet. Heat over medium-high heat till sugar begins to melt, shaking skillet occasionally to heat sugar evenly.

Reduce heat to low and simmer until sugar is melted and dark golden brown (about 5 minutes more). Stir with a wooden spoon as necessary after sugar begins to melt (as mixture bubbles). Very carefully add the 3/4 cup hot water, stirring to dissolve the sugar. Heat to boiling; reduce heat and boil gently for 3 minutes. Cool.

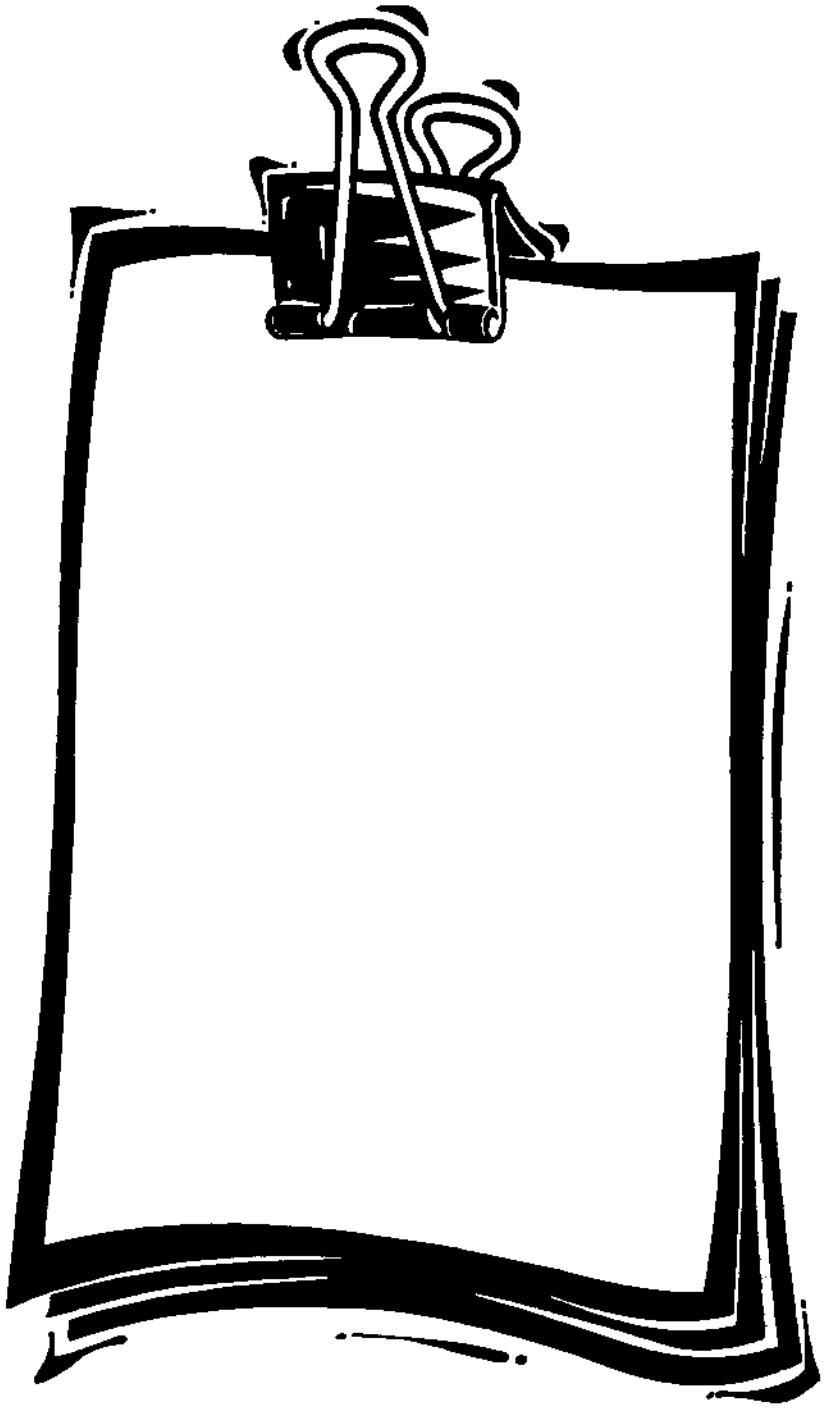
Stir together flour, baking soda, baking powder, and salt in a medium mixing bowl; set aside. Beat 1 1/2 cups sugar and margarine in a large mixing bowl with an electric mixer on medium speed until well combined. Beat in egg yolks and vanilla. Add flour mixture alternately with cold water and burnt sugar syrup, beating at low speed until just combined after each addition. Stir in 1/4 c. walnuts. Thoroughly wash beaters.

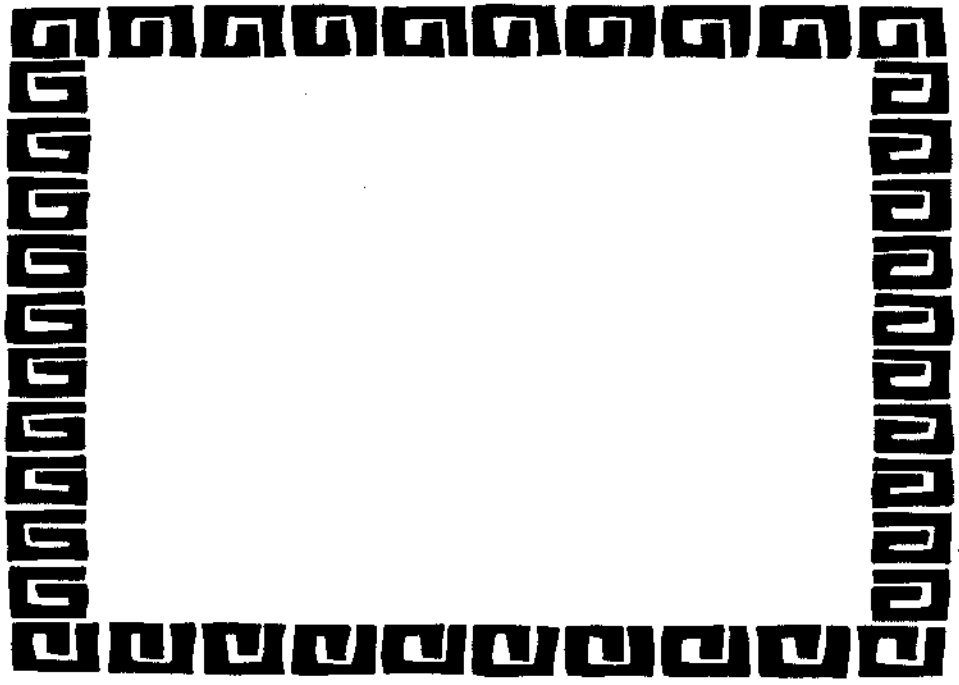
Beat egg whites in another bowl until stiff peaks form (tips stand straight); fold into batter. Divide between cake pans; spread evenly. Bake 30-35 minutes for 8" pans; 25-30 minutes for 9" pans.

Cool 10 minutes in pans on wire racks. Loosen edges; remove and cool completely. Frost between layers and on top and sides of cake with Burnt Sugar Icing. Garnish with chopped black walnuts, if desired.

Burnt Sugar Icing Preparation:

Melt butter or margarine in a saucepan; stir in brown sugar. Cook and stir until bubbly. Remove from heat. Add milk and corn syrup; beat vigorously with a wooden spoon until smooth. Add powdered sugar; beat by hand until of spreading consistency.





Sunday suppers make memories of family time on a special day. Enjoy these traditional Sunday foods and think about inviting someone over!

Fried Chicken

Ingredients:

3 lbs. frying chicken pieces
1 1/2 to 2 cups Crisco® (or other vegetable shortening)
1 cup all-purpose flour
1 tsp. salt
1/2 tsp. ground black pepper

Preparation:

Wash chicken pieces in cool water and drain. Don't pat dry or flour mixture will not adhere. Melt shortening in a heavy skillet over high heat. While the shortening is melting, mix the flour, salt and pepper in a paper bag or shallow dish. Coat the chicken pieces in the flour mixture, shake off the excess, and place in a single layer on a sheet of waxed paper. (Note: If desired, chicken pieces can be coated a second time in the flour mixture before frying.)

When the melted shortening reaches a temperature of 360° on a frying thermometer, carefully add the chicken pieces, skin side down, starting with the dark meat in the center of the skillet. Reduce the heat to medium-high, and fry chicken until skin side is golden brown, then turn and brown the other side.

Reduce heat to medium, and cover the pan. Cook for 25 minutes; remove the cover. Cook, uncovered, for 5 minutes.

Remove the chicken pieces and drain on paper towels. Serve warm, or chill and serve cold. Cold fried chicken is perfect for a picnic. Serves 8.

Potato Salad

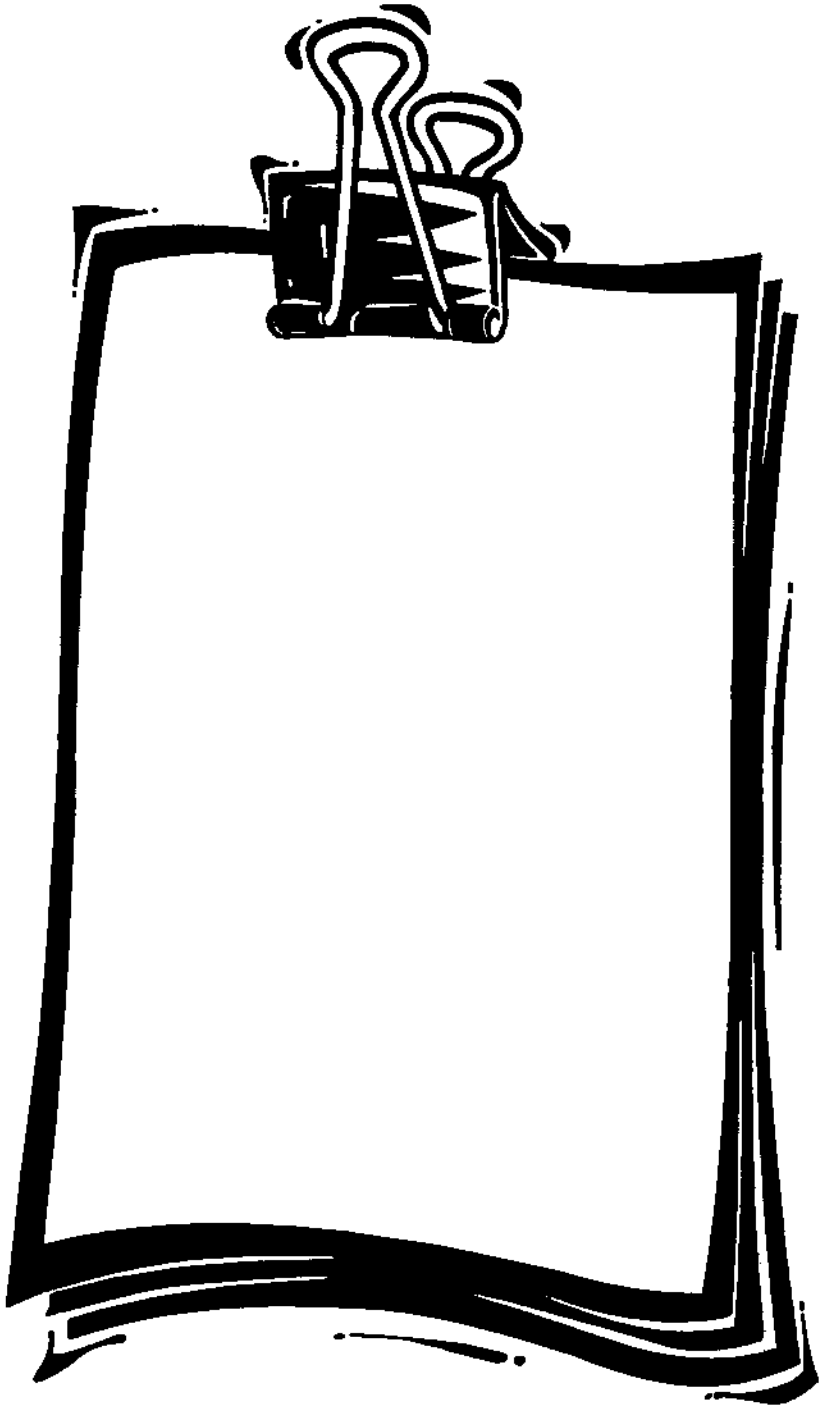
Ingredients:

4 lbs. medium-size red potatoes
1/2 cup finely chopped onion
1 tsp. salt
1/8 tsp. pepper
1/2 cup Italian salad dressing
3/4 cup Hellmann's® regular mayonnaise
1 cup chopped celery
4 hard-boiled eggs, cut up

Preparation:

In a pot, boil the potatoes in water until fork tender. Drain potatoes and cool them. Peel and cut them into bite sizes. Toss potatoes with Italian dressing, onions, salt and pepper. Cover and refrigerate for at least 2 hours. Right before serving add mayonnaise, celery and eggs and toss until coated. Serves 8.

– Be sure to see the other recipe for this section on page 136. –



Chef's Corner

Many yeast bread and roll recipes call for 'scalded' milk. To scald milk, heat the milk over medium-high heat in a small saucepan. As soon as you see small bubbles beginning to form around the edges of the milk, remove from the heat. The milk is now scalded. When you are scalding milk, never allow it to fully boil. This might result in burning and will give the milk a bad taste.

Soft Yeast Dinner Rolls

Ingredients:

2 (1/4 oz.) pkgs. active dry yeast
1/2 cup sugar
1/2 cup warm water
2 tsp. salt
1 1/2 cups scalded milk
2 eggs, well-beaten
1/3 cup shortening
5 1/2 cups flour

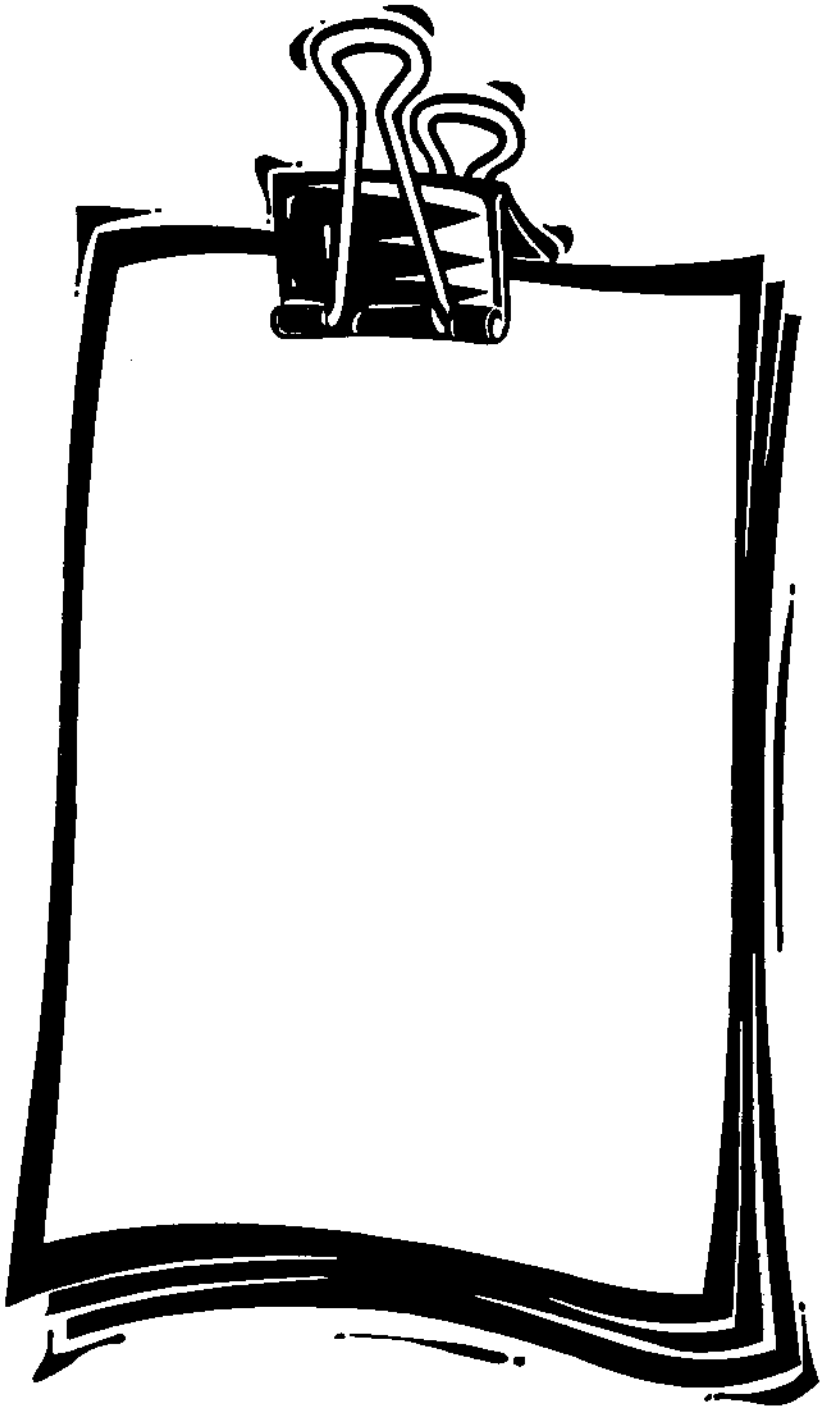
Preparation:

In a large bowl, dissolve yeast in warm water. Pour milk over shortening, sugar, and salt. Stir until shortening is melted. When milk mixture is luke-warm, add yeast, eggs and 2 cups flour. Beat thoroughly. Add remaining flour or enough to make the dough easy to handle.

Turn dough out onto a well-floured board and knead, working in additional flour only if needed to keep the dough from sticking. Knead until light and elastic (about 8-10 minutes). Round up into a ball, and place in a warm, greased bowl, turning dough over once to bring greased side up. Cover with wax paper and a damp cloth.

Let the dough rise in a warm place for 1 1/2 hours. Preheat the oven to 400°. Punch down and shape into balls. Place rolls in a greased pan. Let rise until double in size (about 1 hour or until it doesn't spring back when lightly touched.

Bake for about 20 minutes or until golden brown. Serve immediately. Makes about 16 large rolls.



There are many special dishes associated with the Revolutionary period of American history. Try some of these recipes while you think about the American colonies and the beginnings of the United States of America.

Butternut Squash Soup

Ingredients:
3 large butternut squash
1 large onion
4 1/2 cups chicken stock
3/4 cup honey
1 Tbs. dried savory
1/4 tsp. ground nutmeg
1/4 tsp. ground cinnamon
1/4 tsp. round cardamom
salt and pepper to taste
2 Tbs. fresh minced chives

Preparation:
Peel and seed the squash, and then cut into the 3/4" dice (cubes). Peel the onion and cut into the 3/4" dice. Combine with the uncooked squash in a steamer basket over boiling water. Steam for 10 minutes or until very tender. While the squash is steaming, heat the chicken stock.

When the squash and onion are tender, scrape into the bowl of a food processor or blender and puree until smooth. Add half the honey, the savory and spices and puree again. Balance with more seasoning and salt and pepper as desired. This may be done in batches if your processor is small.

When the soup is pureed, return it to the saucepan over medium heat and heat for 1-2 minutes, until hot. Serve garnished with chives. Serves 6.

Sourdough Starter and Bread

Starter ingredients:
1 (1/4 oz.) pkg. active dry yeast
2 1/2 cups warm water
2 cups sifted flour
1 Tbs. sugar

Preparation for Starter:
Dissolve yeast in 1/2 cup of the water; stir in remaining water, flour and sugar. Beat until smooth; cover with cheesecloth. Let stand at room temperature for 5-10 days, stirring 2-3 times a day. (Time required to ferment will depend upon room temperature.) Cover and refrigerate until ready to use.

To Keep Starter Going:
Add 3/4 cup water, 3/4 cup flour and 1 tsp. sugar to remaining starter after some is used. Let stand at room temperature until bubbly and well fermented, at least 1 day. Cover and refrigerate until used again. If not used within 10 days add 1 tsp. sugar. Repeat adding sugar every 10 days. Starter is good indefinitely if kept alive.

Bread Ingredients:
1 (1/4 oz.) pkg. active dry yeast
1 1/2 cups warm water
1 cup sourdough starter
2 tsp. salt
2 tsp. sugar
5-6 cups all-purpose flour
1/2 tsp. baking soda

Bread Preparation:
In a large mixing bowl, soften yeast in the warm water. Blend in Sourdough Starter, salt and sugar. Add 2 1/2 cups of the flour. Beat 3-4 minutes with electric mixer. Cover and let rise until light and bubbly (about 90 minutes). Combine soda and 2 1/2 cups of the flour; stir into dough. Add enough additional flour to make a stiff dough. Turn out onto lightly floured surface; knead 5-7 minutes. Divide dough in half; cover and let rest 10 minutes. Shape into 2 round loaves. Place on lightly greased baking sheet.

Preheat oven to 400°. With sharp knife, make diagonal slashes across top of loaves. Let rise until double, about one hour. Bake for 35-40 minutes. Brush with butter. Makes 2 loaves.

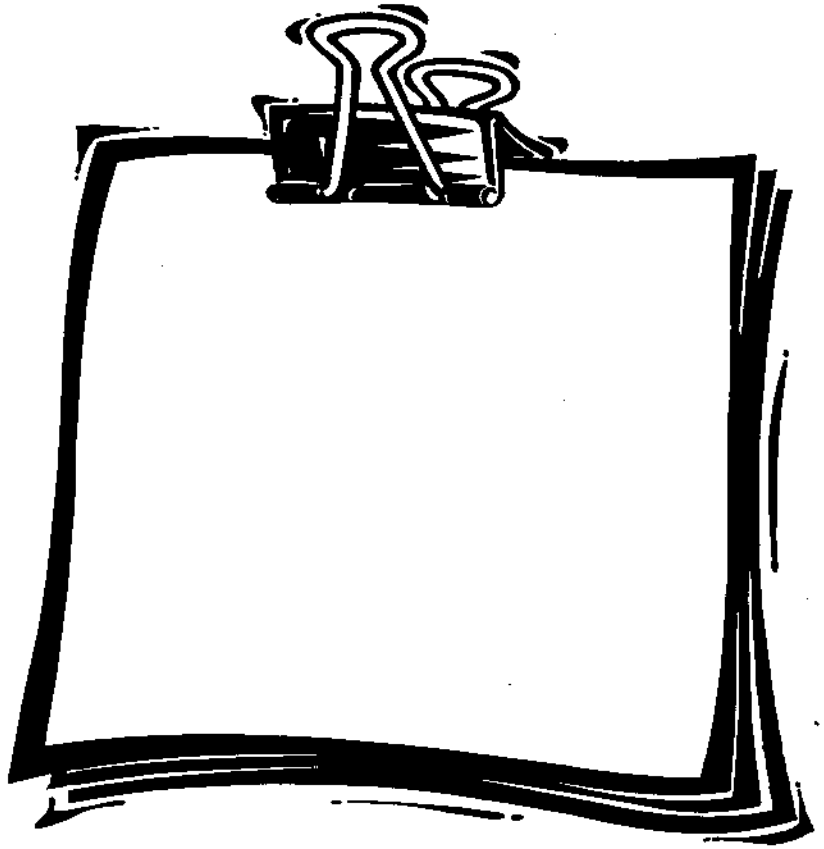
Pound Cake

Ingredients:
1 cup butter (no substitutes)
1 cup sugar
5 eggs, medium
1 tsp. vanilla
1/4 tsp. nutmeg
1 Tbs. orange juice
2 cups flour

Preparation:
Preheat the oven to 325°. Cream the butter with the sugar until smooth and creamy. Beat eggs in a separate bowl until thick and pale in color. Add eggs to the butter mixture and mix very well (by hand 5 minutes; 1 minute using an electric mixer). Add the vanilla, nutmeg and orange juice to the mixture.

Beat in the flour a little at a time until all is incorporated. Grease a 9" loaf pan and pour the mixture into the pan. Bake for approximately 1 hour, or until a toothpick inserted in the center comes out clean.

Serve warm or chilled, plain or with fresh fruit and whipped cream.



Chef's Corner

Herbs are delicious and can be used in almost every aspect of cooking. They are very easy to grow and make excellent plants for pots and window boxes. There are many kinds of herbs and each has a unique flavor. It is fun to experiment with herbs. Try adding herbs to your old favorite foods. For example, tarragon is a mild herb and is wonderful added to tuna salad. Basil is a pungent, rich-tasting herb and is easily paired with garlic toast, grilled cheese sandwiches and tomato soup. Rosemary is excellent sprinkled on roast chicken or chicken salad.

Herbs can be used fresh or dried. Remember that dried herbs have a more concentrated flavor so you can use a little less. An easy rule of thumb when cooking with herbs is the 'one tablespoon to one teaspoon rule'. If the herb is fresh you will use the tablespoon. If the herb is dried you will use teaspoons to measure. If a recipe calls for three tablespoons of fresh dill and all you have is dried dill, simply substitute three teaspoons of the dried dill and the dish will turn out wonderfully.

If you do decide to grow herbs, remember not to spray them with any pesticides or powders that can be harmful to humans. This is especially important if your herbs are planted near other flowers or trees. If you spray the flowers, your herbs will be contaminated, too. If you need to spray your herbs because insects are eating them, check with your local garden store for organic, kitchen-safe options. Try herbs today! Here are some classic herbs that are easy to grow and that will make your foods delicious—mint, basil, oregano, dill, rosemary and chives.

Beef Stew with Vegetables

Ingredients:

1 lb. chuck roast, trimmed of fat and cubed into 1" chunks
5 medium potatoes, peeled and cubed
3 large carrots, peeled and sliced
2 stalks celery, sliced
1 small onion, cut into small chunks
1/4 cup fresh chopped parsley
1 (15 oz.) tomato sauce
2 cups beef broth
3 tsp. dry tapioca
salt and pepper to taste
1/2 cup frozen peas

Preparation:

Preheat oven to 350°. Combine all of the ingredients, except the peas, in a small roasting pan (or Dutch oven) and cover with lid. Cook for 3 hours. Stir once each hour. Add peas and cook 15 minutes longer. Serves 4.

Herbed Biscuits

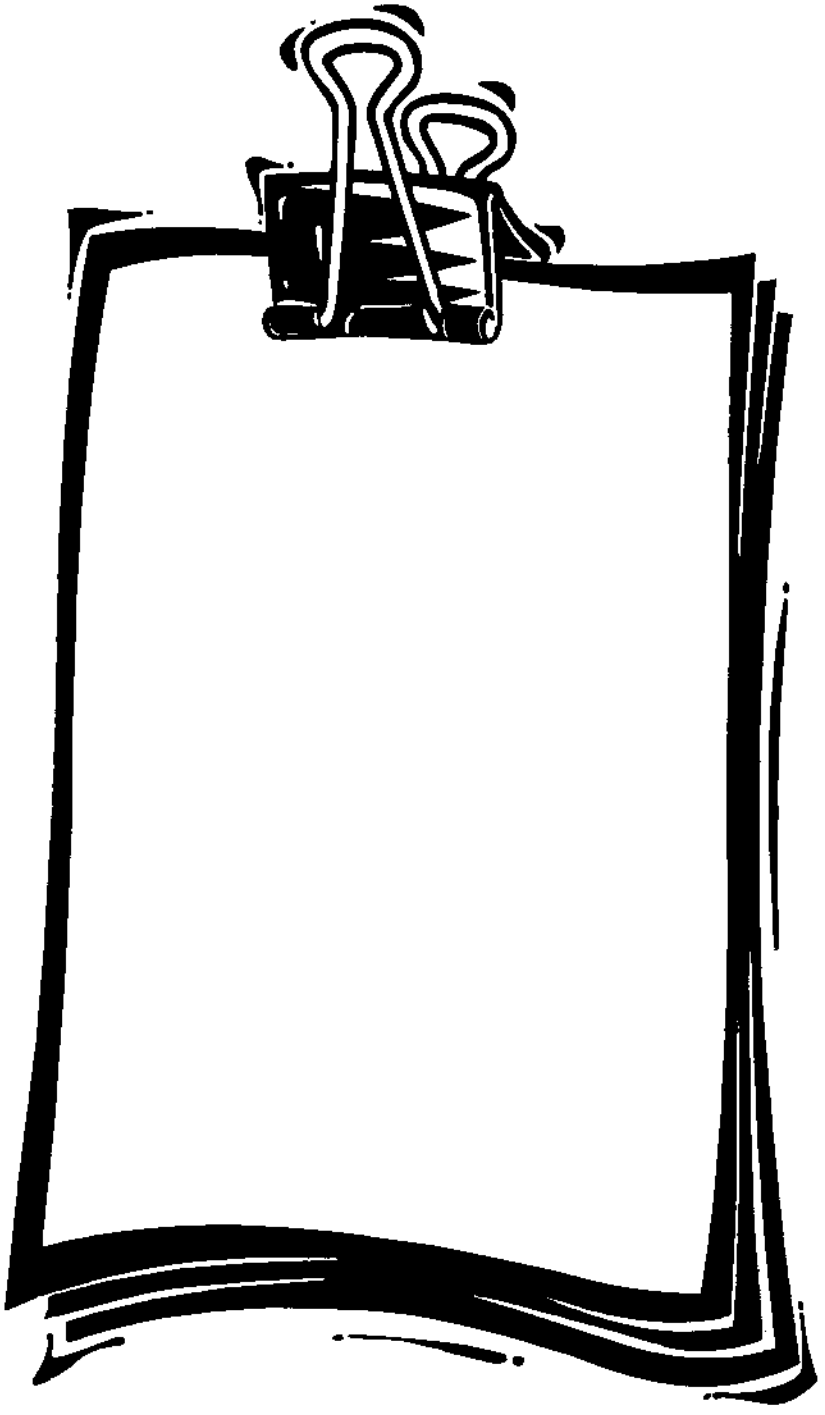
Ingredients:

3/4 cup all-purpose flour
3/4 cup whole wheat flour
1 Tbs. baking powder
1/4 tsp. salt
1/2 tsp. dried marjoram
1/2 tsp. dill weed
1/4 tsp. dried thyme
1/8 tsp. garlic powder
3 Tbs. cold margarine
1/2 cup plus 2 Tbs. skim milk

Preparation:

Preheat oven to 450°. Have an ungreased baking sheet ready. In a large bowl, combine flours, baking powder, salt, and spices. Mix well. Cut in margarine. Mix with fork or pastry blender until mixture resembles coarse crumbs. Add milk. Stir until dry ingredients are moistened. Place dough on a floured surface and knead a few times until dough holds together in a ball.

Roll dough, or press with your hands, to a 1/2" thickness. Using a 3" biscuit cutter or a glass, cut 8 biscuits. Place biscuits on baking sheet. Bake 10 minutes, or until lightly browned. Remove to a wire rack. Serve hot. Makes 12 biscuits.



Use these recipes to make a down- home cooked meal. You might also like to set your table with a nature theme. There are so many wonderful objects found in the outdoors with which to decorate—a beautiful rock or shell, soft green fern leaves, paperwhite birch-bark, fall leaves, etc. (Along with this menu, you may want to include a recipe from page 62 featuring peanuts!)

Chef's Corner

The honey ham glaze recipe in this menu is a specialty of Troy Schoeppner, Becky Jane's husband. Becky has been known to beg for this delicious dish on more than one occasion! Troy mixes up the glaze, warms it slowly, and then bastes the ham to perfection. Delicious!

Honey Glazed Ham

Ingredients:
1 (5-7 lb.) fully cooked smoked ham
1 cup brown sugar
1/2 cup honey
1 tsp. cinnamon
1/2 tsp. allspice
3/4 cup pineapple juice (drained from the canned rings)
6 canned pineapple rings
12 whole cloves

Preparation:
Preheat oven to 325°. In a small saucepan over medium heat, simmer the brown sugar, honey, cinnamon, allspice and pineapple juice. Warm through until sugar melts and all is incorporated. Set aside.

Place the ham in a casserole dish. Score the top of the ham by cutting approximately 1/2" deep and 2" apart on the diagonal, both directions. In each of the 'diamonds' your score created, stick in 1 whole clove. Using toothpicks, arrange the pineapple slices all over the top of the ham. Pour 1/2 of the glaze over the ham and cover the dish with foil. Place in the oven. Bake for 20 minutes per pound, basting with the reserved sauce every 30 minutes. Serve warm with additional glaze, if desired. Serves 8-10.

Corn Dodgers

Ingredients:
1/2 cup flour
3 tsp. baking powder
1-2 Tbs. sugar
3/4 tsp. salt
1 1/2 cup yellow cornmeal
3 Tbs. melted butter or margarine
3/4 cup milk
1 egg, beaten
4 strips of bacon
2 green onions

Preparation:
Preheat the oven to 400°. In a heavy skillet over medium heat (cast iron is the best), fry the bacon. When the bacon is crispy, remove and set aside. Pour off all but 2 Tbs. of the grease.

In a large bowl, mix the flour, baking powder, sugar and salt together. Add the cornmeal and then gently fold in the butter, milk and egg. Do not overmix! Overmixing will result in a tough cornbread.

Chop the cooked bacon into small pieces and chop the green onions. Add the bacon and onions to the cornbread batter and pour into the cast iron skillet. Put the skillet in the oven and bake 20-25 minutes or until a toothpick inserted in the center comes out clean. Cut into wedges and serve warm! Serves 8.

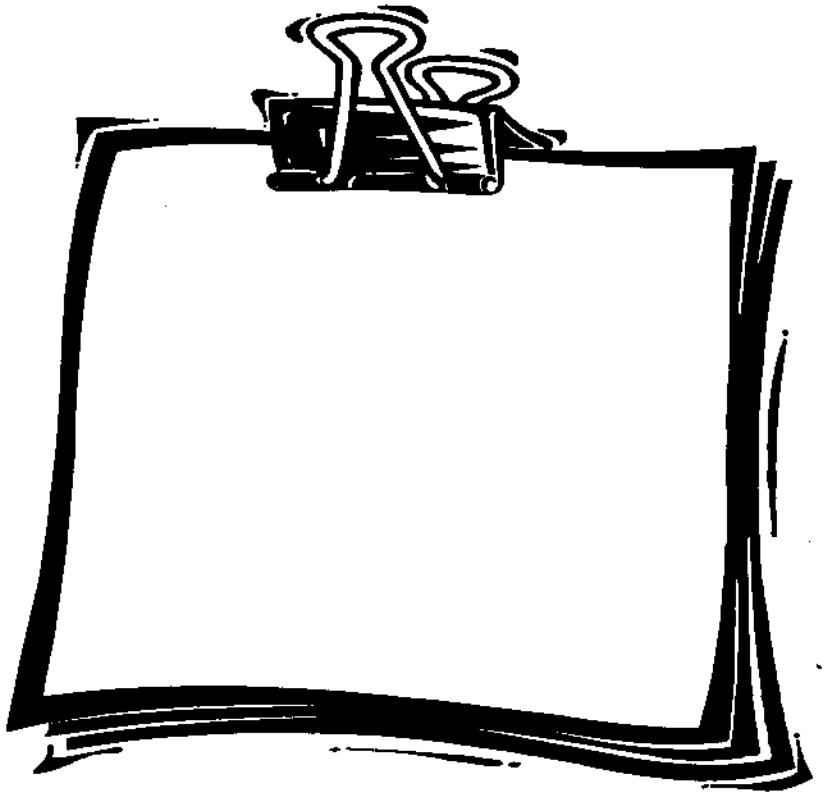
Sweet Potato Pie

Ingredients:

2 cups hot, mashed sweet potatoes (about 3)
1/4 cup-6 Tbs. melted butter or margarine
3 eggs, slightly beaten
1 cup sugar
1 tsp. ground cinnamon
1/4 tsp. grated nutmeg
1 cup milk
1 tsp. vanilla
Unbaked pastry for a 9" single-crust pie (frozen, refrigerated or homemade)

Preparation:

Preheat oven to 350°. Use large potatoes as they tend to be less stringy. Peel and cut crosswise to further reduce stringiness. Boil potatoes in a small amount of boiling salted water, covered, until tender. Drain and mash with butter (can do in blender). Beat eggs, sugar, cinnamon, nutmeg, milk and vanilla into potatoes. Pour into pastry-lined pan. Bake about 30 minutes, or until pie is set and crust is browned. Serves 8.



Make up a delicious batch of each of these sandwiches, arrange on a pretty platter and serve with tea—under the moonlight, of course!

Moonlight Tea Cucumber Sandwiches

Ingredients:

1/2 cup mayonnaise or Miracle Whip®
1/2 Tbs. fresh mint (or 1/2 tsp. dried mint)
8 thin slices white bread, crusts removed
1/2 cucumber, peeled and thinly sliced
1/4 lb. thin deli shaved turkey or ham

Preparation:

In a small bowl mix the mayonnaise with the mint. Chill for 30 minutes. Spread each slice of bread generously on one side with the mayonnaise. On half of the slices, arrange an even layer of cucumber slices. On the same half slices, arrange a thin even layer of turkey or ham. Top with remaining bread slices. Cut each sandwich into quarters (on the diagonal) before serving. Makes 4 sandwiches.

Moonlight Tea Egg Salad Sandwiches

Ingredients:

5 eggs, hard-boiled and shelled
2 Tbs. mayonnaise or Miracle Whip®
1/2 tsp. dried dill weed
salt and pepper
8 thin slices white bread, crusts removed

Preparation:

In a small bowl, mash the hard-boiled eggs well with a potato masher or fork. Stir in the mayonnaise, dill weed and salt and pepper to taste. On half of the slices, spread a thin layer of the egg salad. Top with remaining bread slices. Cut each sandwich into quarters (on the diagonal) before serving. Makes 4 sandwiches.

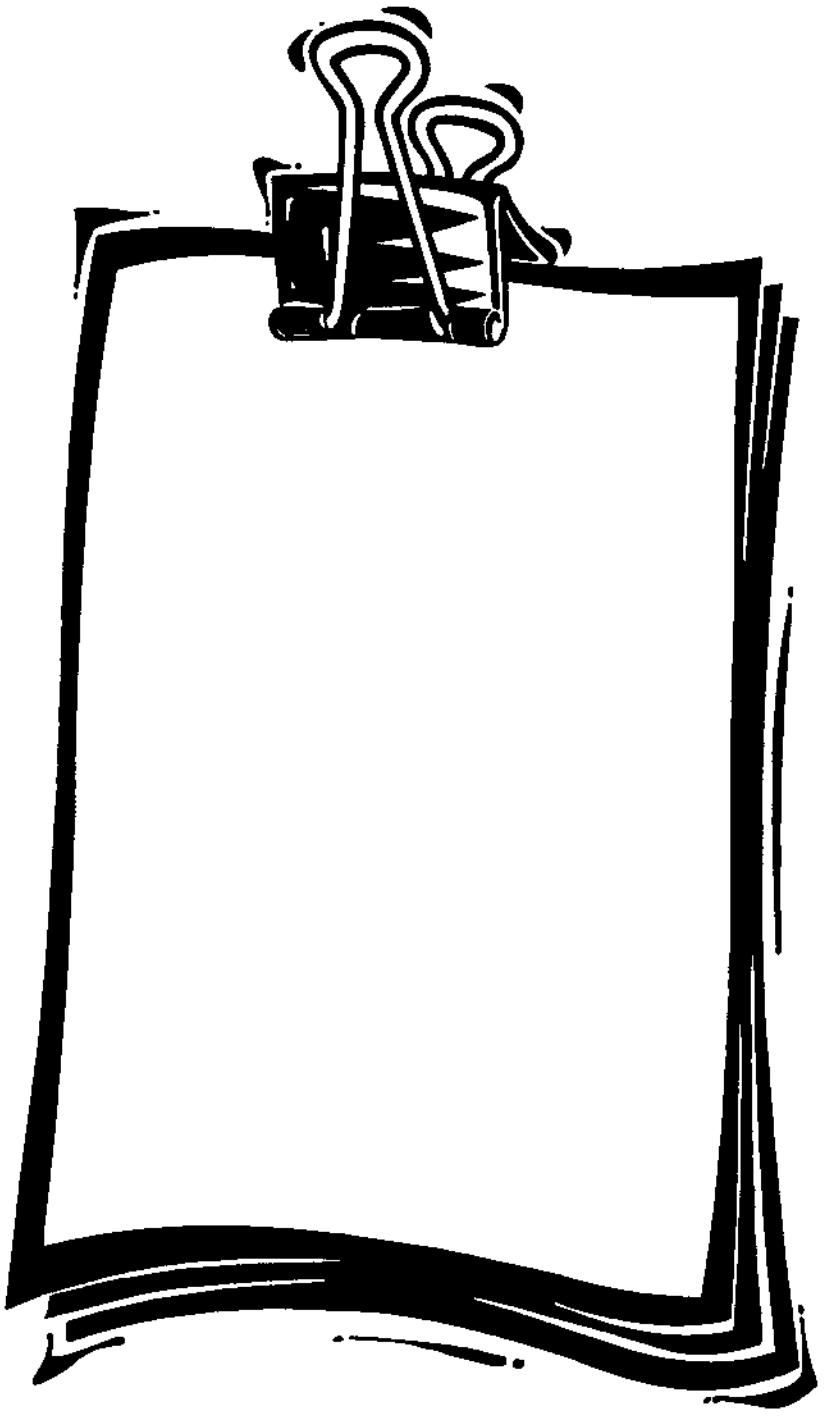
Moonlight Tea Cream Cheese and Jam Sandwiches

Ingredients:

3/4 cup cream cheese, softened
3/4 cup raspberry jam (or a preferred flavor)
8 thin slices white bread, crusts removed

Preparation:

On half of the slices of bread, carefully spread cream cheese all the way to the edges. On the other half of the slices of bread, spread raspberry jam all the way to the edges. Put one cream cheese half with one jam half until all the sandwiches are complete. Cut each sandwich into quarters (on the diagonal) before serving. Makes 4 sandwiches.



Breakfasts on a Saturday or Sunday morning, or on a rainy day can be especially fun—a departure from just cereal or toast. Try this menu—let everyone have a part in helping, and use all of your senses to enjoy a special meal together!

Scrambled Eggs

Ingredients:

6 eggs
1/4 cup milk
1/4 tsp. salt
dash of black pepper
2 Tbs. butter

Preparation:

In a large bowl beat together the eggs, milk, salt and pepper. In a large, lightly oiled skillet, heat the butter to sizzling. Pour in the egg mixture. When the eggs just begin to set on the bottom, run a spatula underneath, lifting up to allow the uncooked egg to flow to the bottom of the pan. Continue moving the eggs around (making sure they do not burn) until they are set. Serves 3-4.

Hash Brown Casserole

Ingredients:

1 lb. frozen shredded hash brown potatoes
1/2 can cream of chicken soup
1 cup sour cream (you can use light or nonfat)
1/2 stick butter or margarine, melted
1/2 cup chopped green onions
1 cup grated sharp cheddar cheese
salt and pepper to taste

Preparation:

Preheat oven to 350°. Place potatoes in a 9"x13" casserole sprayed with nonstick cooking spray. Sprinkle to taste with salt and pepper. Combine melted butter, sour cream, cream of chicken soup, cheese and green onions. Pour over potatoes. Bake for 30-35 minutes, until lightly browned and bubbling. Serves 4.

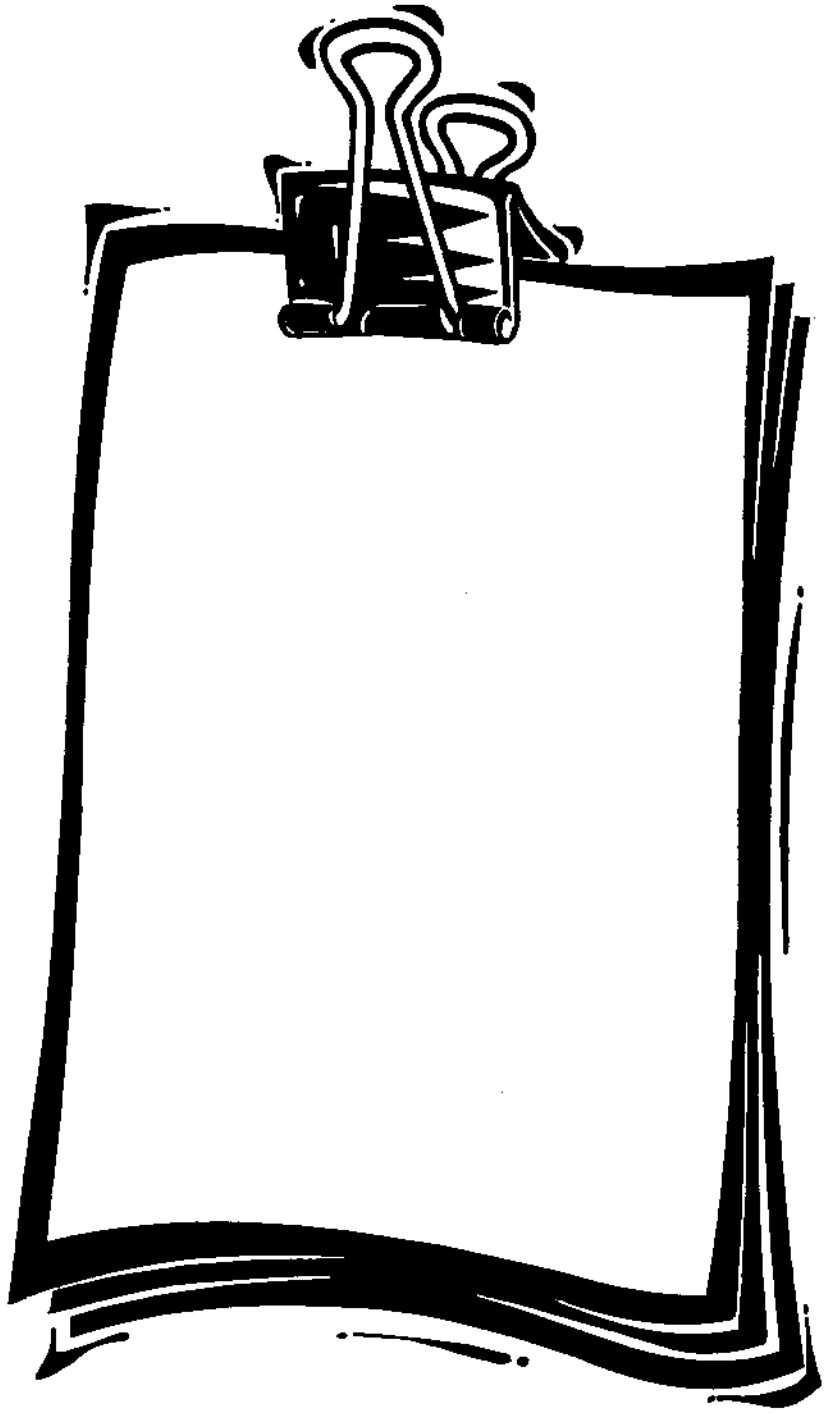
Breakfast Sausage

Ingredients:

8 links breakfast sausage
4 Tbs. water

Preparation:

Place the links (or patties) in a cold skillet. Add the water and heat to boiling. Reduce heat. Cover and simmer for 5 minutes or more until the sausages are cooked. Uncover and pour off excess water and grease. Continue cooking, turning the sausages until they are browned evenly. Drain on paper towels. Serves 4.



Even if you're not a boy scout, you will enjoy this warming, hearty meal–perfect after a day of tramping through the woods or the city.

Hamburger Skillet Stew

Ingredients:
1 lb. ground chuck
1 large yellow onion, sliced wafer-thin
4 carrots, sliced wafer-thin
2 large red potatoes, halved, sliced wafer thin
3 ribs celery, sliced wafer thin
1 cup boiling water
2 beef bouillon cubes, crushed
2 bay leaves
1/4 tsp. dried thyme
garlic salt
fresh ground Pepper
1/4 cup tomato juice
2 Tbs. all-purpose flour

Preparation:
Use a melon baller to shape the meat into small meatballs. Brown in skillet. Discard any fat. Stir onion into skillet and cook 1 minute. Add boiling water and bouillon cubes. Add remaining vegetables and seasonings. Cover and cook over low heat, 15 minutes or until vegetables are fork tender. Combine tomato juice and flour in a small bowl. Stir into skillet. Cook and stir until sauce is thick–about 5 minutes. Serve in homemade bread bowls. Serves 4.

Chef's Corner

After you bake the bread bowls and cut off the tops, you will remove the soft inner bread. This can be carefully removed, buttered and eaten with the stew. You can also save this bread and make homemade breadcrumbs or use it to feed the birds!

Homemade Bread Bowls

Ingredients:
1 1/3 cup warm water
1 3/4 tsp. quick-rising yeast or active dry yeast
1 1/2 Tbs. honey
2 Tbs. olive oil
4 cups bread flour
1 3/4 tsp. salt

Preparation:
In a medium bowl, dissolve yeast and honey in warm water. Place flour and salt in a large bowl. Add the yeast and oil to the flour. Mix with a wooden spoon.

Flour a flat surface. Turn the dough onto the floured surface and knead for about 10 minutes. Place the dough in a large greased bowl and cover with a light, damp dishtowel. Let it rise in a warm place.

When the dough has risen to double its size, punch it down and return it to the bowl to rest. Spray a cookie sheet lightly with non-stick spray. Divide the bread dough into 4 equal pieces. Form each piece into a ball. Place each ball onto the cookie sheet. Cover the dough with a light, damp dishtowel and let it rise in a warm place until double in size.

Bake in a preheated 400° oven for 15-20 minutes or until a nice medium brown. Remove from the oven and let cool. Using a serrated bread knife, slice off a small portion of the top of each bowl. Remove pieces of bread from the inside of the bowl using your fingers. Serve the delicious skillet stew in these warm bread bowls. You can also use these bread bowls with chili, salads and even dips. Makes 4.

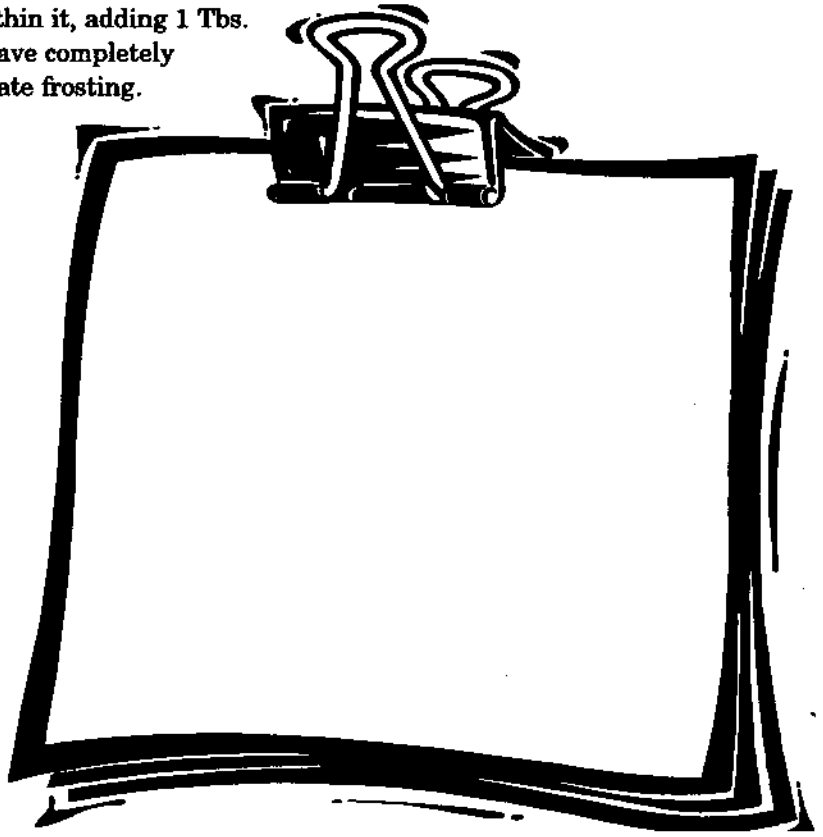
Chocolate Frosted Cookies

Cookie Ingredients:
1 cup brown sugar
1/2 cup butter or margarine
1 egg
1/2 cup cocoa
1 1/2 cups flour
1/2 tsp. baking soda
1/2 cup milk
1 tsp. vanilla
1/2 cup chopped pecans

Frosting Ingredients:
1 cup confectioners' sugar
2 Tbs. cocoa
1/2 tsp. vanilla
2 Tbs. butter
milk

Cookie Preparation:
Preheat oven to 350°. In a large bowl, combine brown sugar and butter; mix well. Beat egg and add to creamed mixture; mix well. Stir in cocoa. In a separate bowl, measure flour and baking soda. Add dry ingredients alternately with milk to egg and cocoa mixture. Stir in vanilla and chopped nuts. Drop by teaspoonfuls onto a cookie sheet and bake at 350° for 10-12 minutes. Remove to wire racks and let cool.

Frosting Preparation:
While cookies are baking, make frosting by combining all ingredients but milk. If the frosting is too thick, use the milk to thin it, adding 1 Tbs. at a time. When cookies have completely cooled, spread with chocolate frosting.



Chef's Corner

This Lo Mein recipe is easy and delicious. It calls for linguine noodles. Using linguine will give the dish a familiar, Asian-American taste. They are good, but if you are adventurous and want to try a more authentic Asian noodle, try soba noodles. They can be found in most grocery stores in the Asian food section or in any Asian food market. Soba noodles are round noodles made from buckwheat flour. They are soft and tender and have a wonderful nutty flavor. They are prepared just like any other Italian pasta, i.e., linguine, spaghetti and macaroni. Try them today!

So often when a recipe calls for mushrooms we are quick to think of the classic white button mushroom. Today, there are many new and delicious mushroom varieties available in our local grocery store. For the Hunan Chow Mein, why not try a new kind of mushroom? Oyster mushrooms, crimini mushrooms and especially the shitake mushroom are all delicious and would add a new and unusual dimension to this recipe. If you cannot find these mushrooms fresh in your produce section, nearly all markets now offer them dried in packages. Ask the produce manager and follow the directions on the back of the package for rehydration instructions. Dried mushrooms work well for Asian cuisine.

Hunan Chow Mein

Ingredients:

1 medium onion, chopped
3 cloves garlic, minced
1 Tbs. peanut oil
2 Tbs. soy sauce
1 tsp. dried mustard
2 stalks celery, sliced diagonally
2 cups bok choy, chopped
1 red bell pepper, chopped
1 (8 oz. can) water chestnuts, sliced
1 cup chicken or vegetable stock
1 cup mushrooms, sliced
4 cups cooked white rice

Preparation:

In a wok or large skillet over high heat, cook onion and garlic in oil for 3 minutes, or until they begin to soften. Add soy sauce, mustard, celery, bok choy, bell pepper, water chestnuts, stock, and mushrooms. Continue cooking, stirring frequently, until vegetables are crisp-tender (about 5 minutes). Serve over rice. Serves 6.

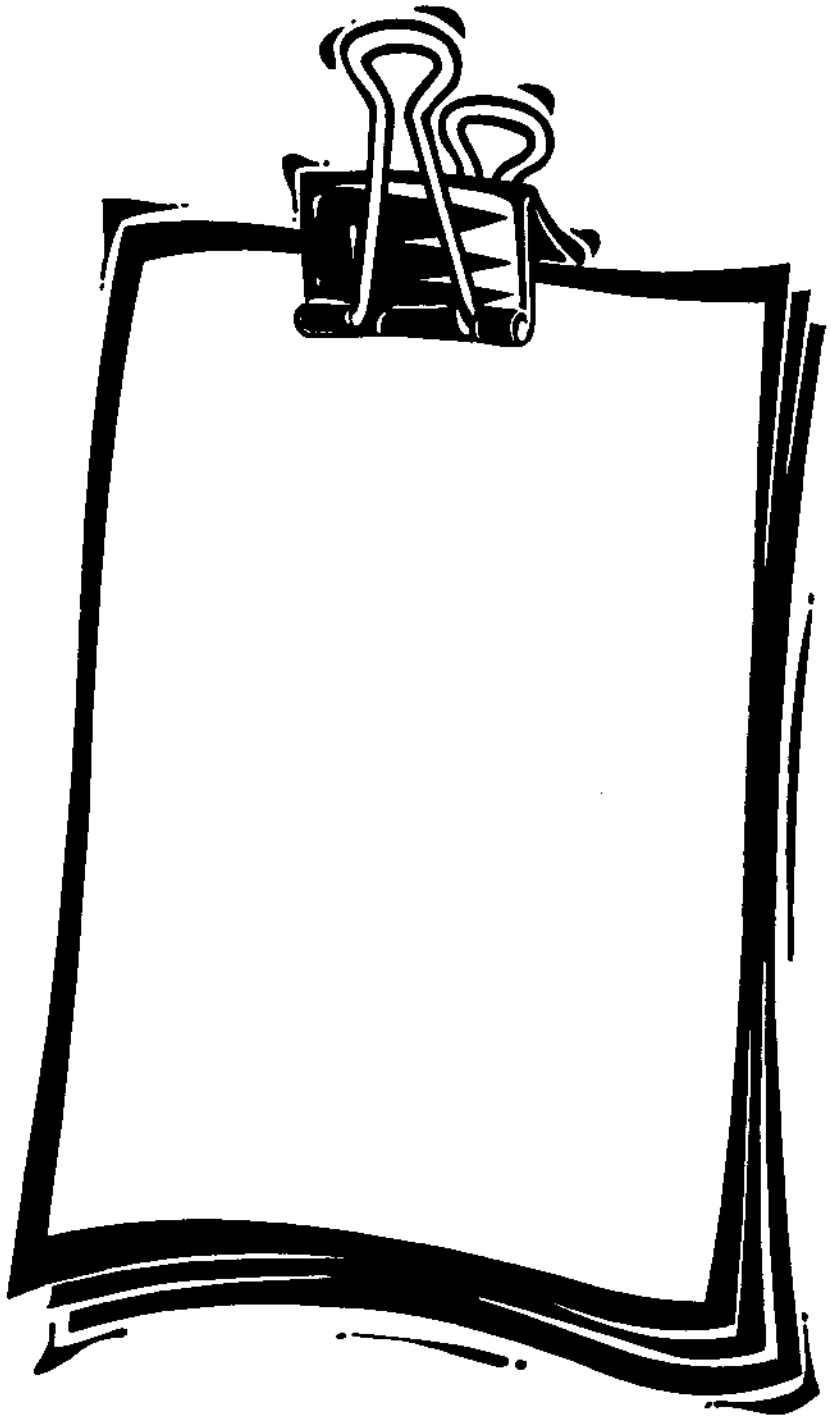
Vegetable Lo Mein

Ingredients:

1/4 cup vegetable oil
2 cups sliced fresh mushrooms
1 cup shredded carrots
1/2 cup green and/or red bell peppers, cut into strips
1 onion, chopped
2 cloves garlic, minced
2 cups bean sprouts
1/2 cup sliced green onion
1/4 cup hoison sauce
1 cup chicken or vegetable stock
1 1/2 Tbs. honey
1 Tbs. cornstarch
1 Tbs. soy sauce
1 tsp. grated fresh ginger OR 1/4 tsp. ginger powder
1/4 tsp. cayenne pepper
1 (8 oz.) pkg. linguine pasta

Preparation:

Cook pasta according to package directions. Drain. Heat oil in a large wok or sauté pan on high. (Your pan should be almost smoking.) Stir-fry mushrooms, carrots, peppers, onion and garlic until tender. Stir in bean sprouts and green onion; cook 1 minute. Stir cornstarch into chicken stock, and add to stirfry. Stir in hoison sauce, honey, soy sauce, ginger, and cayenne pepper. Cook and stir until thickened and bubbly. Add cooked spaghetti and toss. Heat through. Serves 6.



Chef's Corner

This recipe for boiled new potatoes calls for kosher salt instead of basic salt. Most chefs use only kosher salt for all their cooking needs and there are several key reasons. First, the larger grains of salt allow you to more quickly see how much you are using and decreases the chances you'll over-salt a dish. Kosher salt also doesn't react as quickly with the humidity in the air. You can keep an uncovered dish or small bowl of kosher salt near the stove and simply take a pinch when you need it without worrying about the salt clumping. Finally, kosher salt has a much better flavor. The only time you don't want to use kosher salt is when you are baking. Kosher salt takes longer to dissolve and therefore wouldn't be appropriate for cookies, cakes and muffins. Kosher salt is available in all grocery stores.

In Poland, as in so many of the Eastern European countries, vegetables are often pickled in brines and stored for serving later, instead of eating them fresh. In Poland, Hungary, Bulgaria and Russia it is not uncommon to see nearly all of the vegetables pickled including carrots, potatoes, green beans, onions, peas, peppers and turnips. The recipe in this menu featuring Polish cucumbers would be a simple brine used in the summer. It isn't actually canned, but it will last in the refrigerator for at least one week.

Polish Sausage and Cabbage

Ingredients:

1/2 head cabbage, coarsely sliced
1 potato, peeled and diced
1 tsp. salt
1/2 tsp. caraway seed
1 large onion, cut into 1" slices
1 1/2 lb. Polish sausage, cut into 1" pieces
1 (14 oz. can) chicken broth

Preparation:

Place the sliced cabbage in the bottom of a slow cooker (crock-pot). Toss with diced potato, salt and caraway seed. Add sliced onion and the Polish sausage. Pour chicken broth over all, stir lightly. Cover and cook on low setting for 8-10 hours (on high setting for 2-4 hours). Serve with mustard and boiled new potatoes. Serves 4.

Boiled New Potatoes

Ingredients:

2 lbs. small red potatoes with skin
3 Tbs. butter
fresh cracked pepper
kosher salt

Preparation:

Boil potatoes in enough water to cover for approximately 10 minutes; drain. Before serving, add butter and salt and pepper to taste. Serves 4.

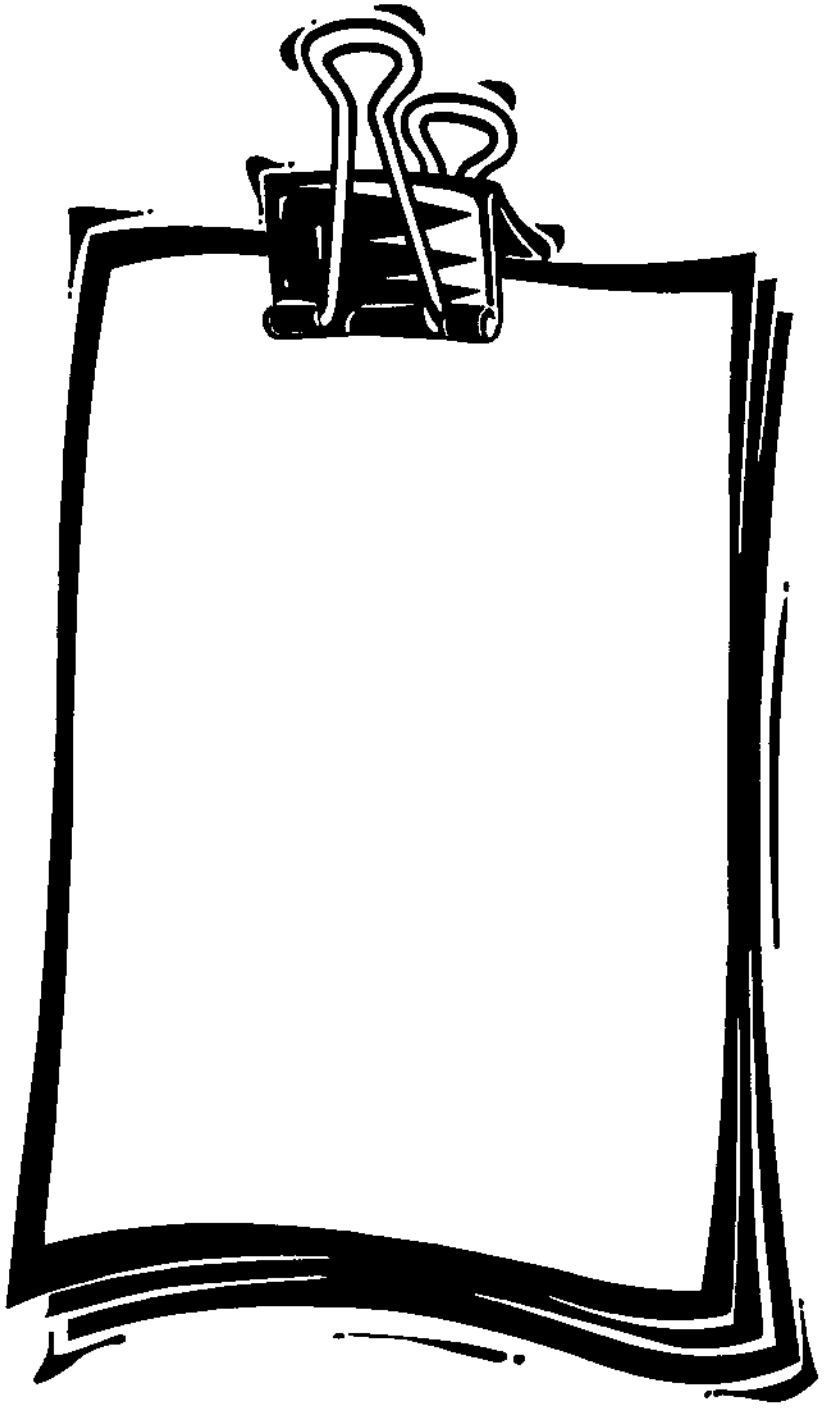
Polish Cucumbers

Ingredients:

2 large cucumbers, sliced, not peeled
1/2 tsp. basil
1/4 tsp. dill weed
1 pinch parsley
3/4 tsp. salt
1/2 tsp. pepper
4 Tbs. vegetable oil
3 Tbs. wine vinegar

Preparation:

Mix all of the ingredients together and place in an airtight container. Chill 3-4 hours before serving. Serves 4.



In America in the 1940s, lunches weren't just sandwiches and chips. Instead, people enjoyed foods we consider more dinner fare. Enjoy this hearty 1940s lunch!

Chef's Corner

Many people think whether you bake potatoes in foil or without is simply a matter of preference. Both methods, however, yield very different products. When you wrap a potato in foil and put it in the oven to bake, you are actually steaming it. As the moisture in the potato escapes, the foil traps it and the end result is a soft skin and almost creamy interior. When you place a potato in the oven to bake without foil, you are actually roasting it. The skin gets crispy and the insides are much flakier. Both methods work well–it's just a matter of which you prefer. For an extra special meal, try rubbing the freshly-scrubbed potatoes liberally with butter. Next, make a mixture of equal parts grated Parmesan cheese and kosher salt. Sprinkle and pat this mixture on each potato and then wrap tightly in foil. Bake as usual. You can also add your favorite herbs to this mixture.

Broiled Lamb Chops

Ingredients:

8 lamb loin chops, 3/4" thick
salt and pepper

Preparation:

Preheat the oven broiler. Cut most of the excess fat off of each lamb loin chop. Leave some fat for flavor (approximately 1/4"). Lay the chops on a broiling rack and broil 3" from heat for 5-7 minutes. Turn and broil another 4-6 minutes on the other side. Check for desired doneness. (Lamb, like beef, can be served on the rare side. But remember: pork and chicken must always be fully cooked.) Serve with mint jelly, found at any grocery store in the jelly and jams section. Serves 4.

Foil Baked Potatoes

Ingredients:

4 large Russet potatoes
4 Tbs. butter
1 tsp. salt
1 tsp. fresh cracked black pepper

Preparation:

Wash and scrub each potato carefully. Dry the potatoes well. Rub each potato all over with 1 Tbs. of butter. Sprinkle with salt and pepper and wrap tightly in aluminum foil. Place all the wrapped potatoes in a 400° oven for at least one hour and 15 minutes. Serves 4.

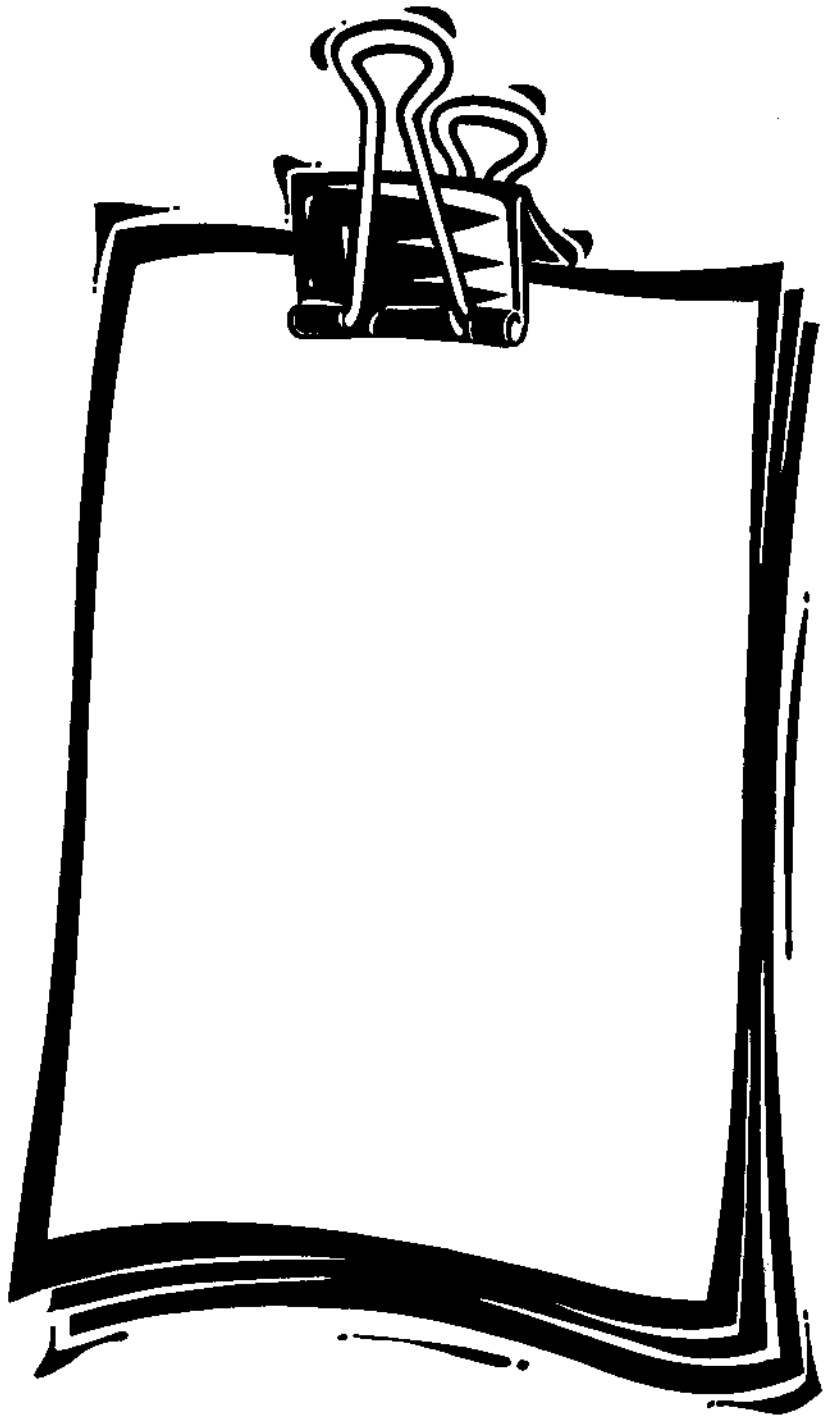
Creamy Lemon Pie

Ingredients:

1 (8" or 9") graham cracker crust
3 egg yolks
1 (14 oz.) can sweetened condensed milk
1/2 cup fresh lemon juice
3 drops of yellow food coloring (optional)
whipped cream
fresh lemon slices

Preparation:

Preheat oven to 325° . Beat egg yolks with milk, lemon juice and coloring. Pour into pie shell and bake 30 minutes. Cool and then chill before serving garnished with whipped cream and lemon slices.



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